THE MINERAL FOOD SYSTEM OF HEALTH

OR

THE HEALING POWER OF NATURE

BY

J. GUY MUNSELL

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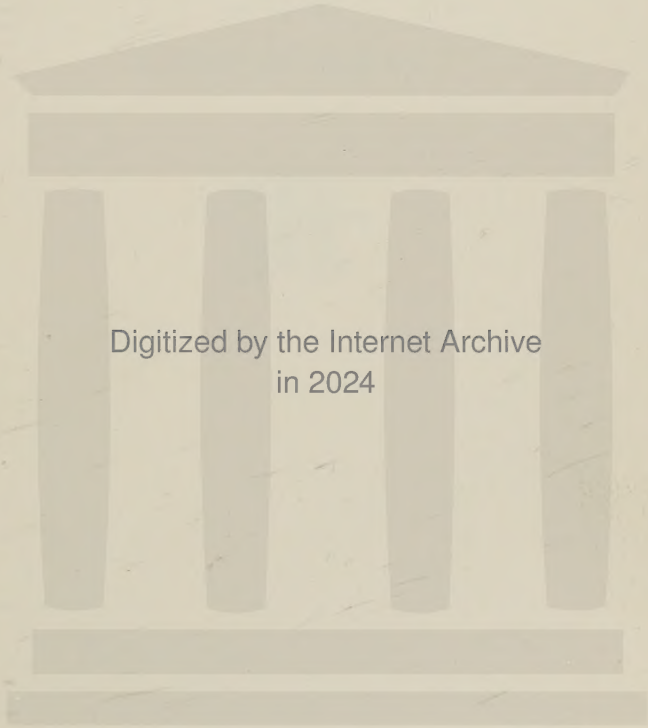

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J. GUY MUNSELL

Examined and Endorsed by

DR. CHARLES S. GRABIN, M.D.

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DEDICATION

Having myself endured the agony of a lost hope, the torture of pain, the inexpressible anguish of nervous dread, depression, and prostration; and having found my surcease and happiness, joy and hope; I now take pleasure in gratefully dedicating this book to my long-suffering, disappointed, broken-spirited, almost defeated fellow creatures.

THE AUTHOR.

INTRODUCTION

When the writer began this study he had only one purpose in mind which was to save his own life after being informed by the specialists and medical authorities he had the means to consult, that he must soon die because of the affliction of an incurable disease.

The author found that for over a hundred years scientific research had been progressing along the line of investigating health by making a study of life processes in the cells. The further this investigation extended the more convincing the evidence became that this was the sensible and true way to health. Here was a great discovery that had been sadly neglected by the healing arts, and likewise had met with some extremely unfortunate experiences from the standpoint of many mistaken methods of proving its efficiency.

A German doctor by the name of Schuessler made the greatest contribution until his day along the line of treating diseases by using the minerals natural to life in the cells. He called his work "abridged therapy" and in this he found himself indebted to other groups of scientists of European note such as Tynball, Virchow, Leibig, Valentin, Goullon, Moleschott, and others. It was a biological science instead of medical.

Drs. Dewey, Boerick and Carey have added their contributions, all of them attempting to convince the medical profession of the efficiency of the Biochemic Method. Dr. Chapman and a few other writers attempted to make it more available to the laity but in all of these efforts there was one severe stumbling block, which prevented this discovery from becoming popular.

From the beginning of the history of the Science of the healing arts, all schools or systems of doctors have been

trained to think in terms of disease. The studies therefore, have been of a negative character. Essentially the thought in mind has become distorted by this negative approach and this unfortunate habit of backward thinking has become so firmly planted in the mass mind of the race that almost any individual suddenly asked to give a definition for health, would state it in such negative terms as to say it was the absence of disease.

The attempt has been made to consider disease from outside causes, classifying and naming them and seeking after specific remedies for diseases and when this idea of feeding the cells of the body the things they need in order to be strong was first given to the world it became a System of therapy instead of a food System and there are many doctors who have been trying to use it that way. Instead of treating the discovery as a food system of building health these professional practitioners attempted to make it a medical system of prescribing remedies for disease.

As you read the following pages, it becomes more and more distinctly clear why that method was never able to carry over in any great measure of relief. There were problems of natural law involved that made it impossible for such systems to deliver the great good which the promoters and original investigators sincerely believed to be possible. It is therefore, no fault of the medical profession that the system failed to prove useful to them as practitioners for it could not be made to yield the best results by backward methods of prescribing minerals as remedies for diseases. It was never properly a doctor problem because each individual must know how to meet his own needs.

The author makes no claim to the great discoveries of the past. He does believe he has the honest right to claim that when finally forced to go into this matter from the standpoint of saving his own life, he did work out a simple,

easy and tremendously efficient method by which the laity, in fact anyone, even a child of the average intelligence of twelve years of age can know at all times, just what the body requires in these days when the foods in common usage are robbing men, women and children of the essential elements of life. Being a layman he approached the problem from the laity standpoint and found the method useful to the public mind.

The author found that the name of the disease had to be abandoned and forgotten. He began to think of health as a strong spark or flash of life in the cells where all life takes place instead of thinking of organs afflicted with disease. This change of thought from the negative or backward type to a positive idea of thinking of health as strong life in the cells was a very great step forward in winning his battle.

It became a new method of approach by which health is to be preserved and restored, by feeding the cells their natural food to make the spark of life strong.

The author makes it clear that Mineral Food does not appear as a new cult of doctors or as a new professional healing art. It is not that at all. The natural laws of life are such that it can scarcely become a professional method of treating disease. The value of Mineral Food lies in the fact that the Healing Power of Nature is the greatest healing force known, and Mineral Food becomes the most perfect response ever made to this great power from within. Wonderful cures have resulted and yet Mineral Food is not a medicine with strong therapeutic power to kill out a disease or force a change in symptoms like drugs or poisons sometimes do. It is food not materia medica. Sometimes medically trained doctors say Mineral Food has no power. From this standpoint they are right. We admit it has no drug power to change symptoms. But through the healing power of Nature it does a greater thing than change symptoms. It makes life

strong in the cells and disease cannot afflict such a body very long. It should be remembered that doctors study diseases and therefore they should not be expected to understand this system. Mineral Food should never be considered from the standpoint of therapeutics or materia medica. On the therapeutic basis it has failed to convince the leading medical authorities, after several generations of futile efforts to make it a medical science, because it does not have a drug effect. The effects produced are food effects. The cure is done by Natural processes. We do not claim that Mineral Food has a strong drug power to hit any disease a blow and eradicate it from the body. Centuries of scientific investigation have failed to develop any such System. It is time to give up that false hope.

It is natural for your body to be strong. It will be if it is supplied all of the elements essential for the processes of life as they go in the cells. If demineralized and unnatural food has robbed the cells of their essential elements, then it should never be thought that supplying that need is a materia medica or therapeutic problem. It is a food problem. When those needs in cell life are supplied, then the natural laws of the body are such that the body will free itself from the bondage of disease. Then to the amazement of all who have proven the System, it has been found that diseases rightly supposed to be incurable from the standpoint of any unnatural treatments come under the control of the laws of nature within the body.

Mineral Food contains nothing unnatural to your body and therefore it can do no harm. When poisonous or dangerous drugs are to be used, (if there is any value in such) then certainly such drugs should be under the control of a well trained profession, but Mineral Food is not unnatural or dangerous and is therefore perfectly safe and so simple that it can be easily applied. In the light of these facts, it becomes a public need.

You are, therefore, dealing with the Healing Power of Nature. You are not to look upon Mineral Food as your medicine. You will see in this your opportunity of feeding your body those substances you are not able to get as you go to the table three or more times a day and eat delicious, sanitary and highly enjoyable foods, which are so unnatural that your body fails to get the essential chemical elements for perfect life in your cells. If your cells have the strong spark, vibration, precipitation or flash of life you will never be troubled with disease, for that is the thing that constitutes immunity. If disease has attacked your body there is no better way to make it possible for the Healing Power of Nature to cure you than to supply those natural forces needed in life processes. Your disease will die under those natural laws, while your body becomes stronger as it continues to live.

The reader will find this book teaches how the body is made, what the Mineral elements are in all cell structure, how the process of life goes on, what makes it strong and why it becomes weak and then a Language of Nature Method is offered by which the distress of the body tells you of the needs of your bloodstream and cells in nature's never failing healing power.

This is therefore, the foundation of the Mineral Food System of Health. You read many statements in the public press by scientific authorities pointing out the fact that because of unnatural, demineralized food, the health is broken but no plan has been offered by which you can meet this need except to change your menu or manner of eating unnatural, demineralized food and the Mineral Food System of Health offers a sensible, safe and easy method of meeting this need.

The author's humble task has been to take what scientific authorities have discovered and to so arrange and classify

that knowledge as to work out this System making that knowledge available to the public, for the good of all who will build their health. The present book is based on the experience of five years, teaching thousands the System he first proved in his own family. It is, therefore, a development of experience and not simply a theoretical work of research.

The Mineral Food System of Health has passed the experimental stage. It may be new to you but thousands have proven it before you. If you will thoughtfully investigate the following information you will find abundant reason for joining the happy group of Mineral Food users who have proven its merit and are free from the expense, distress and agony of ill-health by getting away from the dangerous drug methods of past ages, until by evidence most convincing, the conclusion stands proven that this is the greatest boon so far offered from the standpoint of preserving and building health. He deems it therefore, a great privilege to make this contribution and in the spirit of gratitude presents that which follows to all who will read and prove its value.

CHAPTER I

THE MINERAL FOOD THEORY

Fundamentals

There is no more scientific statement in all the literature of science than this taken from the Holy Writ: "Dust Thou Art."

Your body is a living expression of the ultimate material substance of the Universe. When organic foods such as albumen, fats, or carbo-hydrates meet the mysterious spark or flash of oxygen at the proper temperature, in a water medium, on a mineral base, in the cells where all life processes must take place, the chemical vibration or precipitation of life is produced.

It is the dust or mineral base that makes these various cells vibrate in different ways, to cause the peculiar reaction necessary to each organ. For instance, Lime Phosphate is the mineral base that flashes off the spark of life in such a way as to build bone cells and keep them alive or active. You cannot have good bones unless that mineral controls the vibrations in those cells. It is entirely different in muscle cells. There you must have the Mineral base of Lime Fluoride.

It is still a different form of vibration in the gray matter cells of your brain, and Potassium Phosphate is the Mineral used by nature to make brain cell vibrations. But in the white fibre cells of your nerves you must have the vibration that can only be produced on the mineral base of Magnesium Phosphate.

The basis of our Mineral Food Theory goes back to the actual chemical control of life processes in the cells. The following is a brief description of the various life processes of the body in which you find the physiological function of

each mineral explained, then some diseases caused by a deficiency are named and Nature's method of asking for this need is theoretically discussed.

MINERAL FOOD NO. 1
or
LIME FLUORIDE

Physiological Function

Lime Fluoride is the mineral base that makes the chemical reaction necessary to form the smooth shell-like covering on the outside of all bones. It also builds the elastic fibre or the rubber cells that give form, strength and contractility to the muscles.

It is found in connective tissues, but is not so important to health conditions there because those cells are based upon another mineral. It is found in many other cells where it takes only a minor part and has no real health function. Bone cells and elastic fibre cells will be the point of interest on this mineral base, in the beauty and power of your health.

Diseases Related to a Deficiency of Lime Fluoride

The blood vessels of the body are muscular tissues and depend upon elastic fibre or the rubber cells for their strength and power of contraction. When these cells become flabby and soft it has the effect of making the inside space of the vessels slightly larger and therefore the heart is not able to maintain the proper pressure and we say, "Low blood pressure".

This flabby condition becomes dangerous to the life of the body, for the blood vessels are weak and may break under pressure. The healing power of nature takes effect by using

another Mineral to make the vessels strong, but it makes the walls of the blood vessels hard instead of elastic, and we say "Hardening of the Arteries" which has the mechanical effect of making the inside space of the blood vessels smaller and, therefore, "High blood pressure" results. It is simply a mechanical problem. No disease has been "Caught". It was not the fault of your body. Nature made no mistake. It was done to save your life. It was the fault of your food.

Those who are afflicted with the disease known as asthma, suffer because the little air passages or bronchial tubes become flabby. These tubes should stand up and be strong, much like the wind pipe, leaving a free passage way for air to rush in when the muscular walls of the chest expand the lungs causing a vacuum. If these bronchial tubes and bronchii are flabby they lie flat causing too much resistance against air pressure making it very difficult to breathe, hence asthma.

Female trouble is often due to flabby muscles that support the female organs. It makes child birth extremely hazardous and painful because the added weight can hardly be supported. Miscarriage is frequently due to this cause. After-pains following delivery are due to the fact that the muscular tissues involved have not sufficient strength to resume their natural form, shape and position, and the pain is the warning of nature as to the need of this Mineral base. Constipation is frequently due to the fact that the muscular walls of the bowels are so weak and flabby that they cannot move the fecal matter along and sometimes it collects at the rectum in such large masses because of flabby muscles that it passes out with the greatest difficulty. Broken arches are cases where the muscular tissues supporting the bones of the foot are so weak and flabby that they cannot hold the bones in the proper form.

The spine is a column of bones supported and held in

place by muscles extending on either side, each muscle pulling in its proper strength and position against the muscle that matches it on the opposite side. If the muscles are weak and flabby on one side they cannot pull with equal power sufficient to hold the bones in place and curvature of the spine follows. It is, therefore, easy to see how this can be corrected by feeding the body the substance that builds the rubber cells so that these muscles will pull with sufficient force to resume the natural straight form of the spine.

The heart will never be enlarged or flabby if the muscle cells which compose that organ are properly fed. If the heart becomes flabby, it will look larger and, of course, be weak. Your dynamo of power will fail. If the valves of the heart are flabby, they cannot operate in such a way as to force the blood out, but some of it will leak back, and then we say, "Valvular heart leakage", which is due to flabby valves.

Rupture, piles, indigestion, various forms of stomach trouble, tumors, varicose veins, appendicitis, floating kidneys, enlarged liver, and various other diseases, too numerous to mention, are all understood and explained the same way, that is flabby rubber cells. We cannot consume your time and our valuable space in discussing all No. 1 diseases, and moreover it is not necessary. Like any mathematical problem, when you understand the principle involved, you can understand all signs, symptoms or diseases that attack your body at any point. You will readily recognize your disease if it is a problem of flabby muscles.

Nature's Method of Asking for Mineral Food No. 1

You will desire to know how the signs given in the Language of Nature calling for Mineral Foods are true to nature. That will increase your confidence in the System

and explain from a theoretical standpoint why the Mineral Food System must be true to nature. A few illustrations will be given below. We will not occupy your time by attempting to explain every sign, but when you understand the general principle involved, you will see that the line of thought can be carried out to make clear every given sign.

When you have a bone splinter passing out at any kind of a sore spot close to a bone you will understand that it is the outside shell-like covering of bone chipped off because of an insufficiency of the Mineral which makes that form of bone.

Under the heading of mental signs you notice what is said about a fear that is imaginary, dreams of impending danger or the mental condition of being bewildered when you attempt to make decisions are calls for Mineral Food No. 1. This is because the rubber cells that support the brain tissues are flabby, making it impossible for your brain to function properly because the supporting tissues need Mineral Food No. 1.

Under the sign of sensations you see the words, "No pep", "No energy", "Difficult to go upstairs", or "Young folks who throw themselves down on the couch and complain of being tired or cannot resist the desire to sit down", all of which means that the rubber cells of your body are weak and flabby. These sensations mean that your body is in need of No. 1. All No. 1 signs and conditions are to be explained theoretically by the same process of reasoning: showing how you can overcome these conditions of flabby muscles by feeding those cells their Mineral base needs natural to their life and function.

MINERAL FOOD NO. 2
or
LIME PHOSPHATE

Physiological Function

This Mineral is vital to all the processes of life. No cell can live without albumen and no albumen can reach the cell unless it is energized or under the chemical control of this Mineral for which it has a chemical affinity. Therefore, it is found in every cell of your body. It is the chief Mineral in all bone and the white blood corpuscles, which again points out the fact that it is vital to life. There are three Minerals especially vital to life processes. This is one of the three because it controls the food essential to life.

Lime Phosphate is the chemical base of the blood stream which is the carrier of all the food materials back to the cells of life. The blood stream cannot control that food or perform its transportation function without this Mineral. At the same time one of the amazing features of the food fashions of the day is that the deficiency of Lime Prosphate is greater in almost all kinds of food than any other of the twelve dusts that become the foundation of life. The world is literally starving for lime, and Lime Phosphate is the most essential of all of the Minerals that are the basic principles of life.

Your bone tissues are composed of Albumen, Lime, Sodium, and Magnesium and some other lesser important substances. Fifty per cent of the entire structure is Lime Phosphate. This is the same Mineral which takes Albumen in a chemical way to form a cement which binds up and holds the bone structure together. Every case of mal-formation is due to a deficiency of this substance. This accounts for those unfortunate circumstances which are called, "Freaks of

nature''. A hair lip and cleft palate are due to the fact that the mother of the babe was unable, by reason of her food and other peculiar problems in her body, to supply her offspring with the necessary Lime Phosphate to build the bone.

Magnesium and Sodium are also found in the life process of bone building. Sometimes when there is a serious deficiency of Lime, the minor Minerals are drawn upon to act as a substitute; in which case we have a formation of bone that is not natural, and we call them ''Freaks of nature'', or ''Mal-formations'', such as club foot and other crooked and untrue bones. It is always due to this substitution of one Mineral for another, and it is a manifestation of the healing power of nature which follows the principle that it is better to have a poor, misformed bone, than to have no bone at all.

This Mineral is also found in the gastric juices and other digestive fluids, and it has, therefore, a very important bearing upon all diseased conditions to be classified under the term, ''Mal-nutrition''.

Diseases Related to a Defficiency of Lime Phosphate

You will be interested in understanding the principle by which you can identify Lime Phosphate diseases. We will not attempt to describe every disease growing out of a deficiency of this Mineral, but enough will be given to lay down the principle so that you can understand and classify any disease you observe under its proper Mineral needs.

When the albumens that are eaten in the form of food are digested and carried into the blood stream by the absorbents that line the digestive tract, these natural food substances must come under the immediate control of that Mineral for which it has a chemical affinity, upon which it depends for its energy. If a deficiency arises so that this

process cannot take place, albumen must be discharged. If it passes out through the kidneys you say, "Bright's disease", if in the form of an albumen discharge from the nose, vagina, throat or stomach, you call it catarrh. Sometimes this discharge becomes the important sign in common colds. It is extremely important in consumption or T. B. Whenever you see any disease in which mal-nutrition or albumen discharges or bone diseases are involved, you can depend upon it that there is some way of accounting for it under the Mineral Food method, and you can take the principle and work it out yourself.

Nature's Method of Asking for Mineral Food No. 2

Under the Language of Nature, you see the heading "Mental Conditions", and such signs as "Inability to concentrate on thought processes or having a poor memory", and other signs, all of which arise from the fact that the brain cells are not being fed in a natural way with albumen. If the brain cells have oxygen and other materials needed, but not quite enough albumen for the life processes to function naturally, then the peculiar signs indicated above show the need for Albumen because of a deficiency of this Mineral which controls and energizes Albumen.

Under the pain signs you will notice that the words, "Creeping, crawling, grinding, tearing, slithering pains" are given as an indication of this Mineral. The nerve cells are made up of tissues having an ameboid form of movement which is a creeping, crawling, slithering motion and when they are starving for the foods upon which they depend for life, they exert themselves in that way which is the only expression possible to their nature, as a means of calling for the food they need. They move in the narrow confines of their casement in the body as far as they can move, but they cannot get out to seek their food. They call in a way that

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is perfectly natural to the law of their being, and multitudes moving at once bring to you the above sensation, these words as nearly express the thought as possible. You may call it "Neuralgia or Neuritis", and the words mean nothing. The Language of Nature tells you the truth and expresses the exact physiological condition, by those pains so characteristic of the life and form of those cells.

Cold, numb sensations are due to poor circulation in the extremities because this Mineral, so fundamental to the blood stream is inadequately supplied. You find sensations such as the feeling of ants creeping or worms crawling. This is another method by which the need is expressed in a desperate way by motions in the cells that are multiplied by the millions in some particular part of the body where they are starving for the elements upon which they depend for food. Every sign in the Language of Nature can be explained in that natural way. These principles make it possible for you to understand every sign as a perfectly natural expression of a need in the body.

MINERAL FOOD NO. 3
or
LIME SULPHATE

Physiological Function

Lime Sulphate has no life giving force and is not found within the cell walls of any cell of life, but it is found in the interstices of the tissues, between the cells where all of the in-going and out-going fluids pass by the cells. Its function there is to chemically unite with the heteroplasm or waste matter, which becomes a residue after the combustion of food takes place in the chemical vibrations or precipitations of life.

Nature is scrupulously clean (more cleanly than man ever

thought of being), if the natural processes are not interfered with. But if you eat food that deprives you of this cleansing Mineral, this washer-woman or scrub-lady of the body, you may become positively filthy on the inside, back in the interstices of the tissue, where the cells of life are trying to serve you with their life-giving power, back beyond the regions reached by the internal bath process or any other device from the outside.

The world is full of people who bathe frequently, but do not know how badly they are depriving their body of the cleansing power within, by this unnatural, demineralized food we eat.

Diseases Related to a Deficiency of Lime Sulphate

When your body is not supplied with this Mineral, the waste matters are not seized upon in the natural chemical way and hence, became a foreign substance, not being carried out through the regular channels of elimination.

Boils, carbuncles, abscesses, ulcers, pimples and even cancer are only the methods by which nature has been compelled to resort to some unnatural, painful and sometimes dangerous process of elimination, for this waste matter must be removed some way and if it cannot pass out naturally it must be thrust out by some unnatural means.

Until a better way is found, scraping the bone and draining the abscess is all that we could do, but it must stand to reason whenever we begin to see and understand these natural processes rightly that there can be no better way than to meet the needs of the body with the natural Mineral or chemical process of elimination.

Nature's Method of Asking for Mineral Food No. 3

You find in the Language of Nature under Mineral Food No. 3 "Mental Conditions", the following signs given to

show you when you need Mineral Food No. 3. Changeable mood, making conflicting decisions, absent-minded, changeable thoughts, no perseverence; all of which raises the question of how this deficiency of Mineral base produces such mental signs.

Your brain cells must live in a medium of cleanliness just as any other cells in the body, but when the waste matter is permitted to accumulate it becomes a tormenting, foreign substance. If your brain tissues are perfectly supplied with those chemical forces necessary for the formation of judgment or will power (to be explained later on), you may be able to arrive at a decision with as much efficiency as any other person, but the filth of waste matter makes it impossible for you to carry out your decision.

You can prove this by the experiences of individuals constantly about you, who are unable to force themselves into continued activity along any line. They can make up their minds to do something but cannot persevere. If you will supply this need, you will find that tendency comes under control.

Think for a moment of the pitiable cases where lack of sympathy has robbed people of their friends. They have been condemned to failure by reason of the food they eat and their friends and relatives, not understanding the problem, have blamed them because of the lack of will power. Crimes are committed because this power to resist has been destroyed. Wrong, immoral or criminal acts are frequently indulged in against better judgment because of the inability to withstand pressure due to a loss of will power produced by filthy conditions around the brain cells.

There are many people who suffer the condition of being drowsy in the day time; so much so that they cannot efficiently perform their daily duties. Whenever that sign of drowsiness in the day time, accompanied by a sleepless con-

dition at night, is experienced, it always means some poison is collecting in the interstices of the tissues in the brain.

All of the signs that are given in the Lanugage of Nature for Mineral Food No. 3, and diseases that have this relationship to pus begin and continue because of a deficiency of this Mineral, nature must have as a means of keeping your body clean inside, but which you fail to get in unnatural, demineralized food.

MINERAL FOOD NO. 4
or
IRON PHOSPHATE

Physiological Function

The iron in your body is there for the purpose of carrying oxygen to the cells of life. It is this iron that makes your blood red, for when the oxygen touches the iron by reason of the law of chemical affinity it changes the color to red just as your knife blade will rust when exposed to oxygen.

The vital need of every cell is oxygen. It is the oxygen that keeps up the spark or flashes off the precipitation or vibration of life in the cell. No life process can take place without oxygen, even though every other element necessary for life may be there. Your cells cannot take oxygen out of the air except as that air is carried back to them by the splendid transportation facilities nature has provided by means of your bloodstream.

The red blood corpuscles contain iron on the outside walls. They are estimated to be about one, one-hundred and twenty millionth of an inch in diameter. There are three million in one drop of blood. Each one contains about seven million infinitesimal molecules of iron, so that you have about twenty-one million molecules of iron to each drop of blood, and yet there are only forty-four grains of iron in the entire bloodstream.

How fine this arrangement becomes, and you are starving for iron because it does not come to you in this infinitely fine form. Raisins are prepared in neat packages and placed on the counter of the store and the sign reads, "Have you had your iron today"? The raisins are beautiful, sweet, and delicious. They pack nicely, keep fine, and are saleable from every commercial standpoint. They have been grown under conditions exceedingly unnatural in order to make them commercially fine. Bushels and barrels are consumed as a means of feeding the body iron, but when you eat such food you are fortunate if you get anything that will reach this infinitesimally natural arrangement in your red corpuscles, for the iron in those raisins, unnaturally grown, is utterly impossible from the standpoint of meeting that extremely fine need described. Chemists may say that the iron is there, but if you cannot get it in the right form what good does it become to you?

Your capacity is about one gallon of air every respiration of your lungs, and you breathe twelve hundred breaths an hour—that is over twenty-six thousand gallons of air a day. All of that air is not carried to your cells because nature has arranged that there shall be a surplus in the lungs to insure a constant supply for the cells. Twenty-one million molecules of iron in every drop of blood, or forty-four grains in the total amount of the blood, picks up its load of air as it passes through the lungs and carries it to the cells in order to keep up the spark of life. This movement of air is in a constant, never-ending stream. Each corpuscle passes to the lungs and out to the cells every three minutes or twenty trips an hour, making four hundred and eighty trips a day which continues throughout the entire lifetime; and is one of the finest and most perfect arrangements in nature.

Iron Phosphate is absolutely essential to life. Multitudes of people are dying daily and yearly because life's processes

stop for the want of oxygen. All forms of acute diseases strike the life at this very point. Pneumonia, diphtheria, typhoid fever, every disease in the acute form where a raging high fever becomes the crisis is always a No. 4 problem. When the cells smother for the want of air their distress is made known in such a way that the nervous system comes to the rescue and whips up the heart by fine automatic processes compelling the heart to go faster, seeming to say, "We smother, we perish. Give us air". Like a faithful servant, the heart leaps to its task and labors desperately to keep the life process of oxidation going forward. By forcing the blood to flow faster the deficiency of iron is overcome temporarily, making a limited amount do more work than that done under normal conditions. What reason can there be in administering any kind of a heart depressent drug which will have the effect of holding that faithful organ back from the work it is so heroically doing in response to the demands of the very laws of nature upon which life depends? The cells cry for air and we say to them, "Be still". The body is asking for an element vital to life, and we respond with a poison. Any healing that ever took place by such a method came to pass by reason of the strength of nature working against the unnatural and dangerous devices followed. It was not the medicine that did it, but the healing power of nature working against the unnatural remedies used.

At this point I pause in recognition of my serious responsibilities. No man can honestly advocate such a principle as this until he has proven it to the point of a deep conviction. It is with sympathy that I say these things. I shall never forget my own heartache and agony when I first tested this upon myself, then with others of my loved ones being forced to do so by reason of this perfectly logical and sensible conclusion, but fearful that I might be making a terrible mistake and forever suffer with heartbroken retribution. I know what that means.

My joy exceeded all bounds and my enthusiasm became so gripping that it controlled all my actions in life as I experimentally proved the theories I set before you. Hundreds and thousands of others have proven it, and many have written me letters of thanks and appreciation. Scores have gripped my hand with tears of gratitude in their eyes as they showered thanks upon me for bringing to them this message which they also have proven with fear and trembling.

I know this responsibility and I also know that I would have failed miserably if I had refused to prove it. Failure to investigate does not release one from the responsibility of making the mistake of refusing to advance from the old mistaken ways of the past. We have the responsibility before us either way we act. I am grateful that I have discharged my own conscious duty and have proven my course true, arriving at the point where I can with enthusiasm and confidence face the responsibility of telling others of the great hope that awaits them. I could not say this if I had not proven it.

To the investigating but doubtful mind, I say, "Prove it on the mild and easy-to-prove cases that are not desperate and do it as quickly as you can." Advance step by step and begin by easy stages till you have come to the place where you can, with reason, sense and a clear conscience, prove it in any desperate case which may reach your home at any time. I am sympathetic with your doubts for I have doubted myself. I am urgent in my presentation for I know this may save a precious life and bring abounding health to the suffering.

Diseases Related to a Deficiency of Iron Phosphate

This Mineral is needed in every case of inflammation, no matter if it is a sore finger, felon, cancer, pimple, abscess or some mechanical injury as a burn, cut, bruise or any kind of

an accident in which case the first need is to stop bleeding for this is the Mineral that acts quickly in all cases of hemorrhage and if you contract a cold where the nose is inflamed or the delicate membranes inside stop up with congestion. In fact, every acute condition of fevers and inflammations of all sorts, broken bones or whatever it may be, oxidation is the first great need. The spark of life must be strong, the vibrations quickened for every call in the Language of Nature immediately indicates the pressing need for oxygen and the iron to carry it, which will immediately be overworked in the bloodstream because of this additional strain placed upon the supply of iron. Any acute condition instantly demands more oxygen and more iron.

If it is a germ attack, diphtheria, scarlet fever, typhoid or any other there is inflammation and fever and the need is oxidation. There is no quicker way to kill germs than to oxidize. The bloodstream loses much iron in this labor which causes the fever and the greater the deficiency the higher the temperature becomes. The quicker their need is supplied the quicker the disease comes under control. It is easy and simple to understand. Anyone is able to know at any time the signs that show this need for oxidation as soon as they entered the room or observed the patient. The signs are outstanding. They are on the surface and can be quickly seen. The flushed face, the rapid breathing, the fever condition speaks out with unfailing truth.

We find it necessary to make this Iron Phosphate Mineral Food in two forms—one that is to be used in general conditions such as a cold or any other of the signs that are calling for Mineral Food which are not desperate. When the body comes into a stage of excitement, the regular stock will not meet the need as quickly or with such certainty as the Mineral Food that is made to meet that quick and excited vibration or to reach that abnormal condition. Every family using

Mineral Food should keep one box of the No. 4 in the Special form close at hand. Use it only when the signs that express a need for that Special Stock are plainly seen. The signs calling for Special Stock are given in a subsequent chapter.

Nature's Method of Asking for Mineral Food No. 4

The pain call on No. 4 is given as, "Throbbing, beating, pounding, hammering, inflammatory pains". It matters not if it is a toothache, headache, a felon or any disturbance, if that characteristic pain is present, it indicates the need for oxidation. The reason that call is true to nature is, when you have congestion or inflammation the blood is forced by the throbbing of the heart through the inflamed part. You can feel every beat of your heart as the blood passes through that tender, sore tissue. Such signs can be understood as a need for No. 4, and if you understand the principle here, you can reason them out for yourself.

Iron Is Power

Whenever you see a football player laboring for breath and panting more vigorously than his fellows he needs iron. The man who is always found at the front in any task of labor is the one whose bloodstream is well supplied with iron. The woman who takes the lead in all labor which requires energy and push, is the one supplied with iron. The possibilities of making life a tremendous success by keeping the iron content of the body up to its maximum need is one that can be understood only by thinking about it until you have grasped the principle. Language could not express it. No words of reasoning or enthusiasm could adequately convey the thought.

In the great race of life men and women are reaching the top by reason of their energy and their possibilities of

power through the supply of strong oxidation in the cells. It is the oxygen that makes the spark of life strong. Others are falling behind and gravitating to the bottom because of the lack of vigorous life in the cells.

Sometimes as we look about us, it seems to be a race as to who will get to the bottom quickest; for there can be no doubt that the health of the world languishes and is diminished by reason of demineralized food which is robbing the body of its power and a multitude of people are suffering because of that need.

It is not always the agony of pain, it is the suffering of disappointed hopes and ambitions that are impossible of attainment. There are vast numbers who know that they have the education, the talent and every qualification for success except the power to put it over. Poor oxidation in the cells, a weak flash of life, and a weak spark in life's precipitation accounts for the condition.

MINERAL FOOD NO. 5
or
POTASSIUM CHLORIDE

Physiological Function

This Mineral is found in every cell of the body in a greater or less degree, but it does not control the life processes in any particular cell. The duty this Mineral must perform is that of chemically uniting with albumen to bring about a change in form. When the albumen is changed by this Mineral it is called fibrin, and this is the form the albumen must take before it can be used in many essential life processes.

This fibrin cannot be retained nor held in active function

or properly energized if, for any reason, the molecules of Potassium Chloride are so disturbed by any abnormal conditions that the fibrin is robbed of its Mineral base. If it becomes non-functional in this way, it must be discharged and under the laws of nature the body resorts to various methods of getting rid of waste fibrin in the least harmful way possible. This is a demonstration of the healing power of nature. It must pass out or it will contaminate the bloodstream and some sudden or violent attack of blood poison would destroy life.

Diseases Related to a Deficiency of Potassium Chloride

Various names for these diseases have been devised and we will explain a few of them. The first and most important in the acute forms are known as children's diseases.

When fibrin collects in glands under the jaw and ear causing a swelling, we say, "Mumps". When it passes out through the skin in one set of vesicles we say, "Scarlet fever", by another set we call it "Measles", another it is "Chicken Pox", and it is all the same disease so far as the real laws of nature are concerned, for it is waste fibrin and nature is saving itself by discharging the waste substance. If it comes out through glands in the throat we call it "Diphtheria", or if it enters the trachia we say "Croup", and if it becomes malignant or worse we call it "Membranous Croup". This explanation really accounts for the fact that you have children's epidemic diseases coincidently. As you pass down the street you see a diphtheria sign on one house and measles on another, again it is chicken pox, and the disturbances all arise at the same time and in such a way as to cause waste matter. The difference we have made in the names for diseases has no bearing except as to the manner in which waste fibrin passes out.

Fibrin is of a plastic nature and hard to move which ac-

counts for the fact that it causes so much distress, and yet it must go in order to save life. The reason children are more susceptible to some of these methods of discharging fibrin is that their skin is more delicate in youth. Waste fibrin causes goitre in adults, and fibroid tumor is another adult disease due to waste fibrin.

Unfortunate practices by reason of misunderstanding these diseases have cost many lives. When they take the acute form it always means fever and inflammation. In fact, the outstanding signs of No. 5 diseases are swelling, inflammation and congestion. Any inflamed swelling, no matter where it may be, or what name it carries is always a case of this plastic fibrin substance being forced out, but is so sticky it cannot move easily and causes congestional swelling and then inflammation arises and it becomes the need of No. 4 for the inflammation and No. 5 to control the fibrin. What could be more natural or more sensible? No matter what the name of the disease may be it works in a wonderful way when these signs in the Language of Nature are followed in this easy method.

But it must not be thought that fibrin diseases are only children's diseases or that this Mineral is only needed in childhood. Sinus diseases where fibrin is lodged in the antrums and cavities in the bones around the head and nasal passages and forehead are fibrin diseases, until the discharge passes into the pus stage. Every adult needs fibrin in every cell of the body.

The tremendous loss of life among the children while we have been baffled with mysterious notions about the potency of germs is appalling to consider. Germs, we have and they eat up this waste matter. Of course there will be multitudes of germs on any diphtheritic membrane on the throat, but waste fibrin is the real cause of the disease.

None of these diseases would advance to any dangerous

stage if handled the Mineral Food way. If the needs cannot be met successfully the Mineral Food way, which is the natural way of the healing power of nature, there is no other possible cure. No matter what is done, the law of nature with its healing power must work the cure, and that law is better than any unnatural means invented by man.

Nature's Method of Asking for Mineral Food No. 5

Dark circles under the eyes are due to fibrin deposits in the delicate glands which have deteriorated and discolor the skin.

All kinds of swelling as have been explained above are due to the fact that this fibrin is so plastic it moves with difficulty and collects causing congestion.

The tongue sign of a white or grayish-white coating is fibrin appearing on the tongue, crackling in the ears on swallowing or blowing the nose is due to this plastic substance clinging to the walls of the interior of the ear, breaking loose under the unequal air pressure involved in swallowing or blowing the nose, and every sign given in the Language of Nature can be explained in that easy, natural way that if you understand the principle you can account for all of them.

MINERAL FOOD NO. 6
or
POTASSIUM PHOSPHATE

Physiological Function

This Mineral is the basic principle in the chemical vibration that takes place in the gray matter cells of the brain and nervous system. When Potassium Phosphate unites with albumenoids, and is flashed off by the spark of oxygen, the result by some mysterious principle of life is that you have

the gray matter brain cell. There are other food substances involved in the life of this cell and other Minerals are to be found there, but Potassium Phosphate is the basic Mineral principle.

The human being is the one animal of the entire animal kingdom which "lives, moves and has his being" by specialization on brain and nerve. This function is that which we now explain. The animal we call an elephant has survived his enemies and wins his food by reason of the efficiency of his strength and his long nose; the giraffe has a long neck, the deer is swift of foot, many animals thrive in the great struggle of life because of a keen sense of smell, birds are specialized on the wing, some are swift and some dodge their enemies, and some seek safety in hiding. Every animal in the entire animal kingdom persists under the law of the survival of the fittest by becoming especially efficient in some particular way.

Mankind lives under the law of efficiency in brain power. The race is not to the swift nor to the strong, but to him who is mighty in thought. Whether you toil with the shovel or the pen, whatever you do, your efficiency is measured by your strength of will, keenness of wit, and the correctness of your judgment. In all of this you depend upon the kind of vibration of life that takes place in the gray matter cells of your brain. Potassium Phosphate is the base of the reaction as oxygen flashes off the spark that consumes the food materials carried to your brain.

Diseases Related to a Deficiency of Potassium Phosphate

When the base of those reactions fail because you are not able to eat enough of this unnatural, demineralized food to supply those cells upon which you are specializing, you have brain fag. Your thoughts are dull, you become de-

pressed and are irritated, and in many sensitive people fainting spells are common. Lives are ruined in the pursuit of success because they were not able to measure up to the demands that were made upon them in this intense specialization on nerve energy.

But that is not all, for the nerves are called upon to connect the organs of the body with every other portion of the body. Bowels cannot move if your nerve forces are overdrawn, and constipation in many instances is due to lack of nerve force in the bowels which is brought about by this intense expenditure of energy, making a drain upon the entire body to maintain a nerve force.

Many forms of female diseases involving the female organs in which various forms of difficulty in the menstrual period arise because of the lack of nerve force, due to demineralized food and intense specialization on nerve energy in the keen competition of life. All forms of paralysis are an expression of the needs of the body for more nerve force, the deficiency being brought about by two causes; first, the body is constantly starved by demineralized food and second, we are forcing ourselves in great pressure upon nerves.

There are many other diseases in which complications of nervousness are so plainly manifest that you can take the principle just explained and identify the disease so that you have a perfect understanding of the causes and effects. In fact almost all of the diseases of a serious nature involve the nerves, more or less.

Nature's Method of Asking for Mineral Food No. 6

You will notice in your Language of Nature under "Discharges" that a thin, watery, bloody discharge, scalding and irritating, and all discharges with a fetid odor, smelling like something dead, becomes an outstanding sign wherever it

is seen from any organ, for this Mineral Food No. 6. The reason for that discharge is that the peculiar waste matter coming from all gray matter cells, which cannot be carried out in any natural way (for it is not a natural discharge), is a substance that mixes with the blood and produces those filthy and vile-smelling discharges. Under "Face signs" you will see a "Blackish or bluish or livid color of the skin", and this is due to the peculiar effect of such substances floating in the bloodstream and staining the color of the skin where the capillaries touch the surface.

Under the heading of "Pains", you will see that "Lame, achy pains, parts feeling paralyzed or powerless to move are characteristic from the standpoint of telling you that your body needs Mineral Food No. 6, that these pains are the result of the peculiar effect of these waste matters upon nerve tissues and is characteristic of the problem of health involved. Under the heading of "Sensations" you see "Yawning and stretching" is one of the signs which tells you that your body needs No. 6, for your nerves are starving for food and it is manifest to you by this relaxation demand. Every sign in the Language of Nature can be explained in that way, and if you get the principle correctly, you can understand why these signs are true to nature, and perfectly scientific. You see how easy and important it is to meet the demands of life in the cell.

A Word in Passing

The world is on its nerve and the nerves are breaking down. Men's hearts are failing them for fear. The depressing conditions in social and business life, in homes, and in the divorce courts are outstanding examples of the need of building and maintaining the nerve forces of humanity. Our insane asylums are filled with pitiable victims where this need has advanced to such an extent as to produce those distressing

conditions, making restraint necessary for those who are unable to stand the strain, who break in the great, competitive game of life because of the severe strain of this specialization on nerves.

All of this will be a thing of the past when men and women see and understand their own bodies, know how they are made and what they need. Then, with a simple and easy method such as this system, they will be able to efficiently maintain their force.

The children are taken from play and placed in the schoolroom because human experience has demonstrated that no person is qualified to enter upon life's pursuits without training. The undue effort placed upon the child is one of the chief causes of the breaking down of health in children.

If they are bright and intelligent at school we are proud of them, but when they eat demineralized food, it is dangerous for a child to be exceptionally bright. You have noticed how frequently it happens when some child is called away by sudden death the neighbors and friends and relatives all say, "That boy or girl was the brightest in the class", and if you have understood the principles explained you are able to understand the cause. Sometimes it is the mind that breaks and in other cases it is the body, but in either case the demands made upon the child from the standpoint of nerve energy is a contributive cause. Every home in the land needs Mineral Food because no matter how well they may think they are, they are living in constant danger of these problems which can only be solved by creating a greater public intelligence as to all of these natural laws of life. We cannot avoid demineralized food, but here is a perfectly sensible and truly scientific method by which we can compensate nature.

MINERAL FOOD NO. 7
or
POTASSIUM SULPHATE

Physiological Function

This Mineral has the power to unite with other substances in the body by which the lubricating oils necessary may be supplied. You cannot get this oil in any of your food which comes to you in the form of oil or fat. No substance that is not manufactured in your body can become your lubricating oil. The fats you eat are consumed in your cells and release the energy of heat. The oily substance that comes from the skin and keeps the skin lubricated is the special creation of this Mineral. It also works with Iron Prosphate as a carrier of waste gases. Every reaction of life produces decomposed gases, poisonous to the body, which must be carried out through the lungs, some of it escaping through the pores of the skin, which is under the control of this Mineral.

Diseases Related to a Deficiency of Potassium Sulphate

In all cases of cancer in the skin tissues there is observed a peculiar discharge that is described in the Language of Nature as a call for this Mineral. It is that oily, ropy, greasy discharge. These discharges change from time to time and this Mineral is not offered as a specific remedy for cancer, but it has its place there, and as it is so intimately related to the pores of the skin it frequently becomes very important in skin types of cancer. There are about seven million little tubes or pores in the skin of an average adult, each one having a passage way through the skin about a quarter of an inch in length, so that if these little drain tubes could be stretched out they would measure nearly thirty miles. It is

a wonderful radiation system which operates to keep the body at an even temperature while disposing of waste matters that pass out of the body that way. You call it perspiration.

When there is a deficiency of this Mineral, the pores of the skin cannot open properly, and this waste matter, gases or vapors are turned back and the body must throw them out in some other way.

Some of these waste substances are irritating to the lungs, but they must be discharged in some way, and if the natural method is interfered with by a deficiency of this Mineral, then the bloodstream must save your life by disposing of these contaminating materials. The irritation causes inflammation and if the condition progresses and the pores of the skin are not restored to their function the time will come when congestion and irritation will produce pneumonia.

It has been common knowledge for generations that at such a time a sweating process must be resorted to. Our mothers and grandmothers used hot mustard foot baths for they noticed beneficial effects by inducing artificial perspiration. That method was not far wrong for it prevented much serious sickness and saved many lives, for it tracked with nature.

It is therefore easy to understand that in any case of fever, like that which frequently arises with pneumonia, one of the first things to do in applying No. 4 as previously explained is to start a stream of this Mineral which has such a close relationship to perspiration into the body so that the pores of the skin can be supplied and opened, and a natural perspiration thus brought about rather than the artificial method of foot baths.

Rheumatism of the wandering and shifting type is a pain brought on by waste matter coming to the skin and

finding no way of escape, it producing those pains because it hurts the nerves wherever they are touched by these poisons.

All skin diseases such as eczema, poison ivy, dandruff, falling hair, pimples and various other eruptions are closely related to this Mineral. The intimate relationship this Mineral bears to the skin should remind you to examine carefully the calls to be found in the Language of Nature under No. 7, in case of any skin disease.

Nature's Method of Asking for Mineral Food No. 7.

You will notice in the Language of Nature that stuffy sensations, worse in a warm room, or better in the cool open air are dealt with. The condition arises because the pores of the skin are closed so that the heat of the body is not released; hence warm air is distressing while cold air is comforting because the heat of the body is not released. The sign, "Worse in the afternoon or evening" is due to the accumulation of gases not escaping through the pores of the skin for the work of the day keeps increasing the amount.

Those who sleep at an open window breathing strong, heavy breaths of clear oxygen are able to begin the day with a stronger spark of life. Imperfect breathing through the day as well as constant action in the work of the day causes waste matter to accumulate and the surplus of oxygen in the morning becomes a surplus of poisonous gases in the afternoon. This explains why brisk exercise in the afternoon with deep breathing and sweating is so beneficial to office workers.

In the sick room it is frequently observed that the patient becomes worse in the afternoon. It always means No. 7. Whenever there is a constant desire to open the window because of a feeling of suffocation, it is due to pent-up heat, it being impossible for the body to release its heat in the nor-

mal, natural way when the pores of the skin are closed. There are those who insist upon having a room so cold that others are uncomfortable, which means a deficiency of this Mineral. All of the calls for No. 7 shown in the Language of Nature, are to be understood and explained along the line of the principles above given.

MINERAL FOOD NO. 8
or
MAGNESIUM PHOSPHATE

Physiological Function

This is the Mineral that unites with the albumenoids when meeting oxygen in cell life and flashes off the spark that makes what we call the white fibre nerves. It is of minor importance in bone cells.

All of the sensations that reach you from the outside of your body, are carried over these white fibres to the gray matter cells of the brain. The nature of their being is a lightning-like transmission of sensations. Your senses of hearing, seeing, smelling, touching and tasting are all based on the same principle. You are, therefore, able to make contact with your environment and to understand what goes on about you by reason of the sensations these white fibre nerves carry back to the gray matter cells in the brain. They are called the sensory nerves.

You have another set of white fibre nerves known as the motor nerves. You see an object by means of the sensory nerves and you form a judgment in the gray matter cells of the brain and then you move or make the reaction that the judgment of your gray matter cells determines as they give the commands to the white fibre nerves which control your

muscles. The gray matter cells would, therefore, be useless if you did not have the incoming and outgoing currents, sensation and reaction, all of which are made possible by the white fibres.

You can readily see, therefore, that if anything goes wrong with the magnesium supply upon which these fibres live as they toil unceasingly for your well being, that you would have disorders related to this spasmodic, convulsive or lightning-like nerve track, for this would be the only method by which these cells could express to you their needs.

Diseases Related to a Deficiency of Magnesium Phosphate

What could be easier than to say that lockjaw is a Magnesium Phosphate disease when you see those spasmodic convulsions and cramps. Some types of paralysis where there are shaking or spasmodic conditions would immediately associate itself with this Mineral. Squinting and twitching eyes, St. Vitus dance, palsy, any disease where there are spasms, convulsions or cramps. A simple cramp in the foot means that the nerves are asking you to feed them. They are glad to toil for you and they do not wish to torment you. They are more faithful to you than you are to them. Cholic whenever it is relieved by doubling up is a sign for No. 8. Writer's cramps is a case where the nerves are driven to the point of desperation by constantly holding the pen and working the arm in a steady fashion. It becomes a call for more food in order that the work may go on. You will never have any difficulty in knowing when you need this Mineral, because any kind of a movement that cannot be controlled by the will power, is a call for No. 8, for your white fibres are starving for the Mineral upon which they live.

Nature's Method of Asking for Mineral Food No. 8

You see in the Language of Nature, "Excruciating, shooting, stinging, darting, lightning-like pains, headaches coming on with sudden attacks", and you do not need any further explanation of why that is so. In the mental signs you see "Carrying things from place to place without judgment", which means that the white fibre cells are not working true to their nature. When the white fibre nerve is not supplied with its natural food, the pain calls that are given to you are described as, "sharp, shooting, cutting, darting, lightning-like, cramping pains", and it is all perfectly plain why these things are so. Under sensations, you see that the mouth feels puckered and drawn and the white fibre nerves are starving to death, asking by that sign for food. Any other sign that you find in the Language of Nature can be understood by reasoning from the principles above explained.

MINERAL FOOD NO. 9
or
SODIUM CHLORIDE

Physiological Function

Seventy per cent, nearly three-fourths of your body by weight, is water, and the duty of this Mineral is to properly control and distribute the water content. Water is one of the three vital needs of life, hence, this Mineral is one of the three Minerals most vital to life because your body cannot have or use water unless it is under the chemical control of this Mineral, as no cell can live except in a water medium.

We say there are water and land animals because some live exclusively in a water medium while others live on the land and breathe air, but so far as cell life is concerned every

living cell must be bathed in water or it will die. This is why seventy per cent of your body by weight is water. Multitudes, too many to number, composing all the organs and parts of the body must be constantly supplied a thin fine stream of water.

It is well to repeat the three vital needs of life; first, air; second, food; and third, water. Those Minerals having chemical control of the three needs are the three most vital Minerals to life. They are the Phosphates of Iron No. 4 and Lime No. 2 and Sodium Chloride No. 9. When air, food and water meet in the cell on the proper Mineral base all needs of life are supplied. Anything else is foreign, unnecessary and usually harmful, certainly so if ever so slightly poisonous.

One of the amazing oversights of science is that men should have known that seventy per cent of the body is water and should have observed for ages the multitudes who die in the dropsical stages of various diseases, and should have noticed the many other dangerous diseases that begin with water discharges from the nose, eyes, bowels, etc., without giving this water content problem any serious thought or investigation. As you read these lines, there are many dying of dropsy, and we say they have too much water and let it go at that, no attempt being made to find the cause.

Water runs out of the nose and eyes and we suffer. Hay fever is common and nothing is done except to hunt for germs that after all did not cause it. If you search all the scientific libraries of the civilized world to find how this water is carried through the body and what controls it, you will find the subject almost entirely ignored. More facts about this are given on these few pages than seems to be scientifically known in any general way. This silence in view of the fact that there is more water in the body than all other materials

combined is astounding, and especially so when it is realized that this water sometimes changes its course and kills people.

How is this Water Controlled and Carried Back to the Cells?

You can drown yourself in oceans of water, and still there may not be a sufficient amount back at the cells, therefore, it does not leak through into the tissues. There is only one method by which it goes, a perfectly natural way. The water enters your food canal and is drawn out of the digestive tract into the blood and carried back to the cells of life by the chemical affinity or pulling power of Sodium Chloride, which in common terms is table salt, and you know how that pulls water. You must have it in your body, in the right proportion. It must be distributed over the entire body in the right way or there will be serious trouble if anything goes wrong with this method of distribution.

The water does not leak out of your digestive tract, for that is water tight unless there is Sodium Chloride in the blood stream to pull it through the absorbents that line the food canal. There must be more Sodium Chloride in your bloodstream than there is in your digestive tract, otherwise the water would be pulled the wrong way. There must be more Sodium Chloride in your cells than in your blood stream, else the water will be pulled the wrong way. When the Sodium Chloride content gets out of balance and you have too much salt in your blood stream it pulls the water out of your cells and that causes dropsy.

We draw the water off and say they have too much, but the fact is the water is out of balance. Some tissues are flooded while others suffer for want of it because the chemical base of the water content is deficient.

One of the most damaging food habits we have in these days is that by which we eat bacon and ham and salt meat, and put salt on our potatoes and on everything. We have

acquired the salt habit. Nobody has intended to do any harm, but salt meat is very largely responsible, by creating the habit.

It is broadcast from many quarters that eating too much salt is dangerous and this is the reason. If you have too much salt in the digestive tract, it penetrates the absorbents of the bloodstream to reach the water there making the blood too saline. The cells cannot receive their water when the fine, perfect saline balance between the cells and the blood is destroyed. In fact too much salt in the blood pulls the water out of the cells while there should be a steady stream of water into the cells. This interference with natural processes keeps the water content and salt distribution in a state of constant disturbance.

There are those who think they could never be deficient in salt back in the cells because they eat so much salt at the table, but the reverse is true. If the bloodstream and digestive tract become too saline your cells will perish for water, and the salt cannot be gotten back into the cells in that crude, unnatural or concentrated form. It must go in a food form by a finely-distributed system of broken-up molecules of Sodium Chloride carried into the cells through the vehicle of your food. The real situation as to the salt content is more important than you realize, and you should desist from eating so much salt at the table. No cook can properly prepare the food without using all of the salt that it is proper to get into the digestive tract in the crude concentrated form.

Diseases Related to a Deficiency of Sodium Chloride

As explained before, dropsy is a condition of the water being pulled out of the cells until the bloodstream is flooded and it is deposited in muscular tissues of the body where

there are sagging, flabby conditions, due to a deficiency of No. 1. These sagging tissues become an easy reservoir for this water. Hay fever is a Sodium Chloride condition because the water is not under its natural and necessary chemical control. Water is just as damaging when it is non-functional as any other substance in the body, and must be discharged or disease will result, and it runs out through the nose and the eyes, and it is irritating and causes inflammation and great distress.

Sunstroke is the peculiar effect that heat has upon the water content of the body, by disturbing the molecules of Sodium Chloride which brings about those conditions. You have heard the expression of, "Water on the brain" which means that the water content in and around the cells of the brain has lost its Mineral control, producing those drowsy, mental conditions because the tissues are flooded with water. Any disease in which the water content is disturbed such as acute colds, a running nose, slobbers, running out of the mouth, or watery diarrhoea calls immediate attention to No. 9. With that principle in mind you can always understand such diseases.

Nature's Method of Asking for Mineral Food No. 9

Whenever you have a headache with a dry sensation in the head you will understand why that is No. 9. That highly-exalted state of dancing and singing, violent delirium or hot temper is just the reverse of the drowsy state. It is due to the fact that the cells are dry and the spark of life is burning up the forces in the brain because of a deficiency of water. Unquenchable thirst, dry parched lips, and dry hacking cough are all easily explained when you see the principle of the thing. It is always a case of too much water or not enough in some organ, and either case calls for the Mineral that properly controls and distributes the water content.

MINERAL FOOD NO. 10
or
SODIUM PHOSPHATE

Physiological Function

This Mineral has the duty of keeping the natural acids that should be in the body under their proper alkali control. Whenever any one says, they have too much acid, the condition really should have been stated as, "Acid not neutralized by alkali". It is not likely that any one's body has too much acid, but when that acid is not under the control of its natural alkali, you become aware that you have acid. So long as the natural forces are properly balanced, you are not conscious of acid.

One of the chief functions of lactic acid in the body is to provide a reserve supply of water. When a need for water arises the acid is broken up by chemical processes and the water is released to be used as water.

If it were not for this splendid device it would be impossible for you to work hour after hour without constantly having a sip of water, and even then the physiology of the body would need to be changed in many ways so that the cells could have a never-ending thin supply of water. It is as important as air, and lactic acid is the natural law method devised by the Master Mechanic of the Universe to meet this need.

When any mal-adjustment of these molecules of Sodium Phosphate occurs so that the acid of your body becomes a disturbing element you may have diseases which we will now explain.

Diseases Related to a Deficiency of Sodium Phosphate

Diabetes is one of the outstanding diseases bearing on this Mineral, for free acid becomes a disturbing reason why sugar cannot be consumed. Erysipilas, a painful and dreaded disease, is one in which the acid problem is always present, and an emulsion is formed of the various discharges of fibrin, acid and other waste matter which is extremely difficult to expel. This emulsified mass gathering about the face irritates or burns and creates the symptoms and emergencies of that dreaded disease. Female trouble is often due to the irritating effect of acids that are not under control of the alkali. Scrofula is an acid disease producing those symptoms because the bloodstream is cleansing itself of waste matter caused by acids. Various types of eczema arise because of acid irritation as it passes through skin tissues in nature's method of discharging those damaging materials. In the case of children, worms are always a problem of acid. They depend upon acid, and if the natural balance is maintained in a child or adult, there will not be any free acid upon which the worms can live, but when this acid becomes all-pervading, because it is not under its alkali control, then these parasites abound in that acid medium. Put the acid under its natural alkali control and the worms will starve to death. Heart burn or sour stomach are acid problems.

With these principles in mind you can identify any acid disease.

Nature's Method of Asking for Mineral Food No. 10

In our Language of Nature, you have the sign of a "Moist, golden-yellow, creamy discharge", and this is the peculiar appearance of acid discharges. Under "Face signs" you have "Red blotches on the face", which is the usual effect of acid to the skin. In the mental signs you have,

"Suspicious, scheming, selfish dispositions; hatred easily engendered; hot-tempered, fighting mood; critical, envious, jealous minds; tendency to suicide," which mental states arise when there is free acid in and around the brain cells, effecting the thought processes.

These mental aspects present a study worthy of attention. Think of the evil in the world because of suspicions, hatred, scheming and other signs that are given under mental conditions in your Language of Nature. Then visualize the great good that would follow if a peaceful, confident, and hopeful attitude, so much needed in the world, could prevail. Acid is disturbing the mental balance of the world causing graft and crime. It is breaking up homes, destroying business prospects, making enemies where there should be friends, causing unhappiness and woe where there should be peace, and prosperity, while the food we eat, delicious, appetizing and sweet to the taste, is robbing us every day of the Minerals necessary for the proper forces of life. Why not learn to supply that need in this efficient and sure method known as the Mineral Food System of Health?

MINERAL FOOD NO. 11
or
SODIUM SULPHATE

Physiological Function

The chief function of this mineral in the body is to eliminate surplus water from the cells and interstices of the tissues. Immediately there arises the question of how does it happen that we have too much water there.

This is another of the fine, automatic adjustments of natural laws of life. If it were not for the Sodium Sulphate

mineral it would be impossible to live in a damp atmosphere as found along the seashore, river banks and lakes, low marshy swamps or any other place where the air is moist. You are made in such a wonderful way that you can live in the desert, or dry atmosphere, where there is practically no moisture in the air, or you can live and work anywhere without ill effects when you are breathing an air that is almost saturated with water. It would be utterly impossible to do this but for the fact that nature has provided for a changeable air medium with the Mineral Sodium Sulphate.

You are breathing twelve hundred gallons of air an hour, and there is a constant stream of oxygen moving from the lungs out to the cells. If that air is loaded down with moisture, there will be too much water delivered at the cells. It would flood the cell parts and choke up life's processes, if some way were not made for eliminating it. Except for this fine arrangement no one could live in an atmosphere heavily charged with moisture.

Sodium Sulphate has the chemical power to carry two molecules of water, twice its bulk, out of the body in perfectly normal channels. You have noticed that during prolonged wet seasons your kidneys are overactive and you do not drink so much because you have more water back at the cells than you need, and it passes out in this natural way, providing you have a proper supply of the mineral that does that work.

Diseases Related to a Deficiency of Sodium Sulphate

Ague or chills and fever is one of the most common No. 11 diseases. The water keeps coming in through the air but as the mineral is not there to carry it out, nature resorts to a process similar to squeezing the water out of a sponge by producing through the nervous system those spasmodic

conditions called chills that shake the tissues and start it moving until you find it pouring out through the pores of the skin in a profusion. Then follows rest and quiet, and again a fever and another chill. Finally you feel better for a few days until you get overloaded with water again. This explains why people who live in swampy or marshy countries where the air is full of moisture are constantly suffering with this complaint. Chills are only nature's method of saving your life by that mechanical means when nature's regular chemical process of control breaks down because of demineralized foods.

Jaundice is a No. 11 disease, and the reason for that is as follows: When the body is overloaded with moisture, the bile secreted in the liver is too thin because of surplus water and is taken up in the bloodstream and circulates all over the body, and it stains the skin yellow with that bile color, we call jaundice.

Some people have violent bilious attacks for the bloodstream throws the bile out into the stomach through the capillary walls in its desperate effort to get rid of it. Bile never did back up from the gall bladder into the stomach because the intestines and stomach structure is made to prevent this, but nature resorts to this method of throwing the bile out of the bloodstream into the stomach, for it is poison to the blood. Bile is the chief cause of pernicious anemia. People who have that disease will tell you that they formerly had frequent bilious attacks and vomited bile from the stomach. This bile is irritating and finally causes a change in the epithelium linings which are scarred or hardened by the biting of bile, and it cannot pass out that way. Then it is retained in the bloodstream unless it is otherwise discharged, causing much damage to blood corpuscles.

Many types of nervousness are due to the presence of

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bile in the bloodstream and tissues, for wherever the bile touches a nerve it sets it "afire". Bile will kill white or red blood corpuscles faster than they can be made. If it can be kept in the bile ducts and gall bladder entering the food canal at the proper time it is perfectly natural and useful in the process of digestion, but circulating all through the body in the blood it causes many diseases.

Yellow fever is a disease related to a germ because these bile conditions create abnormal discharges on which the yellow fever germs live. But the fundamental cause, long before the germ found its way to the blood was the evil effect of bile in the System. The very word "yellow" to desribe the fever tells the story, and the disease invades moist air regions, where the strain upon this essential mineral becomes greatest.

Nature's Method of Asking for Mineral Food No. 11

When you see billious and yellow colored signs in various parts of the body or conditions that are better in a dry atmosphere you understand the reason in the light of the preceding explanation. Worse in a damp atmosphere is also perfectly clear. "Surging, bursting sensations, headaches, and sensitive scalp" become the peculiar effect that bile has upon the nerves in those regions as it circulates in the bloodstream, and these and other signs given in the Language of Nature become the information you want for this shows you the need of No. 11 Mineral Food which brings all such forms of suffering under the perfectly natural control of the Healing Power of Nature.

MINERAL FOOD NO. 12
or
SILICA

Physiological Function

This mineral is found in the hair, nails, skin and in the nerve sheath (which is a thin, fine covering over every nerve tissue), and connective tissues and bone. The duties of Silica in every form of life are to build and beautify the external covering. It is Silica that gives the fine glossy surface to the blade of corn, the grass, flowers and the bark on the trees. Silica is found everywhere in the vegetable kingdom on the outside covering. It is Silica that forms the feathers on the fowl, scales on the fish, hair on the animal and builds the skin of your body. Your finger nails and toe nails are made by Silica, and you will notice Silica structure takes the same general shape found in the rocks of the earth. A common name for Silica is Quartz and you see it in sharp-pointed, jagged formations of the mountains and hillsides. The hair on your head is that sharp pointed, lancet-like formation and it is bearded, as you will notice if you try to move a hair through your two fingers for it will only move one way. Like the blade of corn that has its bearded covering, the bark on the tree which is sharp-pointed, the feathers on the fowl, and the scales on the fish, everywhere you see sharp-pointed formations, all made by Silica.

It is the Silica that gives the fine, glossy finish to the hair on your head so attractive to your appearance. It makes the connective tissue which forms the supporting framework for the tissues, giving your features, curves and angles the individual characteristics that make your personality different from that of every other living person.

Diseases Related to a Deficiency of Silica

One class of diseases very easily identified as a Silica problem arises when the nerve sheath is broken and nerve currents cross. It is like the short circuit of an electric current. The nerve sheath is a thin, fine covering, for every nerve tissue which insulates the nerve and makes it run true to itself. In that case individuals try to speak some word but say another, or they try to reach for something, but the hand goes to some other spot. The nerve currents cross because of a break in the nerve sheath. Any nerve disease, therefore, that shows symptoms of that cross current nature indicates that it is not particularly the nerves that are at fault but is caused by inability to transmit the sensation in an orderly way, because of a break in the insulation.

But the next phase of this mineral in disease problems is more wonderful still. We have been taught to believe in surgery. Man must have borrowed that idea from the great Master Mechanic of the Universe. Under the law of nature it has been provided that all operations necessary in your body will be performed with these little Silica lancets under natural laws if your food supplies this mineral. Surgical operations were performed in nature before man conceived such an idea.

Silica is the surgeon of nature. It is a little sharp-pointed lancet. Whenever you have a boil or carbuncle the skin being cut through from the inside, it is Silica that is doing the work. No mistake is ever made in the diagnosis. There is no explorative operation necessary. There is one natural law by which nature always determines when the operation shall be performed. It does not matter whether it is in the appendix or the brain, nature will never make any mistake, the disagnosis will be absolutely sure. No blood vessel will be ruptured, nor any tools or sponges sewed up in

the wound, and there is no anaesthetic necessary. No one ever dies under the operation, and it can only take place when it should be done. If you were to eat a barrel of Silica your body would never use it to perform an operation unless the condition requiring it prevailed. And this is how it is done:

Whenever there is a collection of pus or waste matter causing inflammation, swelling, and congestion to such an extent that the pounding force of the bloodstream under heart pressure forces the little lancets of Silica against the connective tissues cutting their way through the walls from one space between the cells into another, then the surgeon of nature works. It is as though the laws of nature had decreed that no other kind of an operation was ever to be justified. Natural diagnosis is certain and sure, it never fails. The operation is always a success, for it is done in that natural way by the "Healing Power of Nature". There is only one thing that ever makes any trouble about this surgeon of nature and that is, we are taught to eat food that does not feed the body what it needs, hence there may be the need of a natural operation when the bloodstream is not supplied with the tools to do the work.

It takes millions of them, and as they pass out and cut their way through, being pounded from behind by the force of the heart they go out and the pus goes with them and they are lost to the body. If the food supply fails to bring up reinforcements there will be an accumulation of pus causing blood poison.

Cases have been reported by surgeons who have found an appendix severed and cased in or buried. We have wondered how and why, and this is the way it is to be explained.

You will have no difficulty, therefore, in understanding any Silica disease. It would be a case of pus, deep-seated,

not only that on the outside of the skin like a pimple or some superficial boil, but carbuncles, abscesses, and deep-seated pus conditions where nature is cutting its way out as a means of releasing the poisonous substances which are endangering life.

Nature's Method of Asking for Mineral Food No. 12

Silica is the heaviest of all of the rocks out in nature, and that sign of heaviness becomes the outstanding guide in all of the signs in the Language of Nature when this mineral is needed. Whenever you cough up any kind of a mucus from your throat which sinks to the bottom of a vessel containing water, that sign of heaviness means you need No. 12. Whenever you have a headache and the head is heavy with a tendency to fall over on the side that means No. 12. Whenever your mind is dull and slow to think, or your thought processes are heavy, that means No. 12. Whenever you have a pain that is to be described as a heavy, sinking, pulling down pain, differing from No. 1, that is it pulls with lead-like heaviness instead of a dragging, sagging feeling, that heavy pulling pain is No. 12. When your finger nails or toe nails crack or split easily, it shows that the mineral that builds them is deficient and you need No. 12. If your hair is falling out or more especially when it gets thin and sickly-looking, and is losing its strength, that is a call for No. 12. You would have no difficulty in deciding any of the calls for Mineral Food No. 12 as explained by the Language of Nature, when you come to understand the principles laid down by which that mineral works.

Conclusion

The entire System by which we have explained the physiological function of all of the essential health minerals of the body, what they do, the tissues they build, the func-

tions they perform, following that up by explaining how diseases develop because of these physiological functions being interfered with, all of this makes it clear to you how the signs given from your body are true to nature and are really outside expressions of need that you can understand. If this does not convince you that there is sufficient scientific basis to the System to justify you in proving these facts for yourself, then I earnestly recommend that you review and review, and carefully consider what has been set forth until it is clear, plain and simple how utterly undeniable the whole System becomes.

I am seriously anxious to see you in perfect health. You have little idea of the freedom from disease that awaits you until you prove it. All about you multitudes of people are languishing and perishing, and are not as efficient in their work as they might be and would be by following this safe and effective plan that would meet their health needs.

The Mineral Food Method is before you. It is the strongest message that has ever been given on the most important problem of health. The beauty and power of your body is dependent upon your health, and this is the way to make that important blessing certain and sure.

Having found these things to be so, after I had been given up to die with an incurable disease, it is with a keen sense of great pleasure that I now present this System to you, and I say its blessings exceed your fondest hopes, if you will live with it until you prove it. In giving you this message I have the firm conviction that I have brought to you the greatest service one man can give another.

I know by the experience of the past few years that all the information you need as a means of winning the battle of health, whatever your problem may be, is before you and it is only to decide now, if you wish that blessing, to give this a

little attention for a few brief days or weeks, not attempting to commit it to memory, but just living with it until you learn it, and those things that seem to be puzzling and confusing will gradually unfold. Finally you will be telling your friends, as thousands of others have done, when the Mineral Food System came your way, it brought to you the biggest and best things you have ever known. I wish you the best of success, and may your life be filled with hope, and may your aspirations be fully realized by building up the power, strength and force of your life. When that is done, you will be thrilled with a joy of living that always comes to those who are able to render to their fellow creatures the most complete account of themselves possible by reason of their strength.

CHAPTER II

THE HEALING POWER OF NATURE

The "Healing Power of Nature" has been recognized as a natural law for many centuries, and is expressed in the history of the healing arts by the Latin phrase "Viz Medicatrix Naturae".

Honest, sincere investigators in every generation have strained and struggled with the problem of uncovering the mystery of that law. All students of healing have realized that if the "**Healing Power of Nature**" could be understood a tremendous forward step could be taken. What is the "Healing Power of Nature"? It has been recognized but not understood. There has been a pleading cry from every source for a true answer to this mystery.

Treatment methods of disease for ages have been based on the premise that health is absence of **disease.** That is negative thinking. It leads to methods of studying disease instead of health. Unnatural treatments were the negative results of this backward thinking, working against nature's healing powers. They negated each other and were mutually exclusive. The Healing Power of Nature could never be revealed to minds trained in that negative way.

The Mineral Food System of Health was the first attempt to study health from the positive standpoint. This system asserted its first fact as follows: Health depends on the strength of the chemical forces of life in the cells. Instead of studying pathology to find disease we study the chemical forces of life to find health. The method is just the opposite of past systems. Disease germs are known to have no power on strong cells. Weak cell life causes disease. The disease comes from within instead of from without. The cure is

within instead of some outside unnatural remedy. The method is to promote natural chemical vibrations in the cells. Behold the "**Healing Power of Nature**" reveals itself. It did not need to be discovered. It comes forth and extends its hand of congratulations to the first serious attempt to set back negative thinking by studying health instead of disease. Read that again. It is fundamental.

Nature Cannot Follow Unnatural Devices

The fact that men have not been able to cure diseases by unnatural methods should not surprise anyone. Nature cannot follow such devices and it should not be expected. The old idea of finding the name of the disease by the science of diagnosis, and then seeking an unnatural remedy for it by various systems of therapeutics, has fixed itself so strongly in man's habit of thought that it is extremely difficult to get away from that method. There is no hope promised in the Mineral Food System of Health unless you are willing to turn from all of these negative ideas, so that you can begin to depend on nature's laws as they are made clear to you by the Language of Nature.

This negative thinking led to the conclusion that diseases attack the body from some outside cause. In ancient days it was thought to be a devil, and now it is considered a germ. Germs have some bearing because they feed on waste matter discharged from the body, but when it is known that all abnormal discharge conditions in the body are due to a deficiency of the elements needed for the chemical vibrations of life, then the part germs play in disease begins to have a more reasonable meaning. We will now proceed to discuss that "**Healing Power of Nature**", how it works, what it does, and you will see the solid rock of scientific truth upon which the Mineral Food System of Health is based.

Your Cells Depend Upon You

Every cell in your body is fixed in its place and is given a particular task to perform. It is required to work and toil for you. It cannot seek its own food, but must depend upon you for nourishment. Your problem is not to feed your stomach to satisfy your tastes but to feed your cells. Your body is furnished with a splendid system by which your food is digested and with transportation facilities to carry the finished product back to the cells where life takes place. You cannot force the food back; but it will go in its natural way if it is in the right form. You need not think about it, nor labor over the problem. It is all arranged for your well-being if you will only learn to feed your body rightly and **let it alone.**

These physical processes are properly adjusted and never should be changed from the natural order, but you are constantly led by past methods to change the symptoms of disease by unnatural remedies which interfere with the perfect adjustments of your body. You are not to blame for these negative ideas which have been impressed upon you by the teaching of past generations.

Sensational Living

Pleasure-seeking devices are all followed for sensations and the exhilaration of pleasure. The child goes to the picture show and he comes out seeking another to get a bigger sensation. We strive for experiences of varied emotions. The digestive tract has become the prey of appetites for sweet sensations. It is impossible to get food that is good enough to suit the ever-changing tastes for delicious foods.

Appetite, instead of being a normal craving for food, has become a highly cultivated, unnatural method of satisfying the habits of taste for ice cream, cake, pastries, candy

and delicious soft drinks, and we believe it is perfectly proper to do this, not knowing this craving of appetite for unnatural food is breaking down health.

It is not the sensation that is doing the harm except in an indirect way. The difficulty is not due to the taste of the food, but to the fact that all methods by which we have developed these delicacies make food unnatural and deficient in mineral content, and the cells of the body are not being fed, even when the stomach is full.

No better "Coueism" could be given to the world than to constantly repeat, "I am feeding my stomach, but starving my cells"; "feeding my stomach, starving my cells."

The bloodstream is dependent upon the food supply. The mineral elements upon which the cells depend for their life are carried in the bloodstream.

The Mineral Most Vital

The white blood corpuscles, which are extremely important to the functions of life, are dependent upon Lime Phosphate for their well being. The blood plasm, which carries your food to the cells is likewise built up by this mineral. Chemists know that Lime Phosphate has a very definite chemical affinity for the organic substances known as albumen.

If the albumenoids reach the bloodstream without coming into immediate contact with this mineral they become inert and useless and poison to the blood, destroying the life of the entire body and, therefore, such inert albumen must be disposed of, for the first law of nature is to preserve life.

Under the laws of nature this inert albumen will pass out in the most harmless way possible. Therefore, some very delicately organized **membrane** is utilized to discharge this wasted albumen. If it passes out through the nose, we say

we have catarrh. If this process continues and becomes chronic, we have been taught to fear that some other more terrible thing will occur, and that tuberculosis might "set in", and immediately a method is sought to stop that discharge.

Curing Catarrh

If anything is done to shrink up the membranes or destroy them so they cannot discharge the albumen, or any unnatural method is followed, as spraying some high power astringent up the nose as means of stopping the discharge, it is a positive and dangerous interference with nature's great law which we have expressed in the words, "**The Healing Power of Nature**". Catarrh is nature's method of preserving the life of the body by preventing blood poison. Therefore, many methods of curing catarrh defeat this law, "The Healing Power of Nature". The only natural method of stopping this albumen discharge is to provide the needed mineral in order that the albumen may be energized and active, and there will be no discharge. This is the Mineral Food Method.

If Nature's plan is defeated the body must then find some other way to discharge this albumen. Disease will attack some other organ after the nasal catarrh has been "cured". You then have catarrh of the stomach, and when that is "cured(?)" there is catarrh somewhere else, because nature is constantly seeking another method of saving the bloodstream. Catarrh arises in one organ after another because the albumen must pass out in as harmless a way as possible, but if these less dangerous methods are constantly prevented by unnatural treatment, finally the kidneys must pass the albumen out in the urine and then we hear the awful words "Bright's Disease", which is supposed to be fatal.

But even this should be understood as nature's method of saving your life, for under the first law of nature it is better to have "Bright's Disease" and die slowly than to poison the bloodstream and die immediately, and this is the way the law known as "**The Healing Power of Nature**" operates. It is positively dangerous to "cure(?)" catarrh in any unnatural way. There are those who argue that death is to be preferred to suffering. We take neither side of that question. The above statement merely sets forth a natural law. The "Healing Power of Nature" selects slow death in preference to blood poison.

Nature's Chemical Laboratory

The human body is a chemical laboratory—more wonderful than any established by man. There is Lime in the body in other forms, and because Lime in the form of Phosphate becomes necessary, chemical changes are brought about in such a way as to supply the need.

The body has Lime on a Fluoride base. This Fluoride is cancelled to leave the Lime free. The body has Phosphorous with other combinations, such as Potassium Phosphate, and this Potassium is changed to leave the Phosphorous free, then the free Lime and free Phosphorous come together and supply the **Lime Phosphate** necessary to the bloodstream. And because the bloodstream is most important, nature's laws work in such a way as to deprive other organs not so immediately essential to life, in order that the bloodstream may be supplied sometimes at the expense of the comfort and efficiency of these lesser important parts of the body. It is the "Healing Power of Nature" saving your life.

In order to assist you to visualize the above statement the following is offered:

Lime ~~Fluoride~~.

~~Potassium~~ Phosphate.
Lime Phosphate—(Is Supplied).

The teeth are necessary from the standpoint of comfort in the mouth, beauty to the face and for mastication but not nearly as essential to life as the bloodstream, and, therefore, nature requires the teeth to make a sacrifice for the emergency needs of the whole body. They are, therefore, deprived of this mineral for the sake of the bloodstream, and hence they decay. This is one way the "**Healing Power of Nature**" works to preserve your life.

We have the very common expression among mothers who say they "lose a tooth every child they bear". Under the experience of pregnancy and child-birth, the need of the babe for Lime to build bone and other cells becomes great and the food supply being deficient the teeth are called upon to sacrifice as explained above, and this common experience of motherhood is better understood in the light of these natural laws. It is another manifestation of the "Healing Power of Nature". It is more important to both mother and babe, that the bloodstream of the mother should have and hold this Lime than it is for the mother to have good strong teeth.

The First Great Law of Life

Your life has been preserved many times by this "Healing Power of Nature" which compells the lesser organs to sacrifice for the benefit of more essential parts, such as the heart, and this is the way many diseases are caused but it is always nature saving your life while you are starving your cells. The first great law of life is to preserve itself. It is recognized in all nature. It is written into the laws of man; for self-defense means acquittal if it can be proven in a murder case. All nature follows this rule of preserving life as **the first great law.** Then this other law, "**The Healing**

Power of Nature" is the method by which the first great law does its work.

Flabby Diseases

But the teeth are not the only parts that are required to sacrifice for the benefit of the whole body. Lime Fluoride builds and maintains the cells which we call the **elastic fibre** of the body, which is very similar to rubber. It will stretch and contract, and it is these cells which give tone to the muscles for they depend upon the rubber cells for their strength.

The bloodstream is vital to life and must be preserved and this "Healing Power of Nature" will deprive your muscle cells of this Lime that builds its rubber if necessary in order to keep up its own strength. Thus your life is saved but your muscles will become flabby. You say you have a disease. It is a flabby disease, and you complain about it. You should understand that disease is the natural result of Nature's Healing Power which sustains the life, by making some parts of your body sacrifice while preserving your blood.

Perhaps you have piles. If so, it is a case of sagging muscles. Which is the better thing to do: cut it off, or feed the body what it needs? When you have these sagging, flabby, rubber cells you can build them up with Mineral Food. Thousands have done so. It is another expression of "**The Healing Power of Nature**". One part of the body is called upon to sacrifice in order that life may be preserved.

If the piles are removed, then perhaps the next thing to suffer would be the muscular walls in the veins of the leg, and they become flabby and we call the condition varicose veins. Shall we cut them open and take out a slice, or is it not better to feed the body what it needs when it calls by

these sagging conditions for Lime Fluoride in order to build the elastic fibres?

After the varicose veins are tightened up by some violent and unnatural method which does not provide the body with what it needs, perhaps the next sign of a deficiency of this mineral is a rupture, making another operation necessary. The appendix may lose its strength and shape because it is flabby. It becomes weakened and it cannot discharge foreign bodies which enter and inflammation and pus result. It is then cut off and we say it is not necessary to the body. Or it may be a tumor, and on down the list of sagging and flabby conditions, from the crown of the head to the soles of the feet.

Your Face Tells Your Secrets

The face shows the need, for the muscles begin to hang with drooping lines and we call it a sign of old age, but this is untrue. The rubber of the body is weak and flabby because the body is not being fed the minerals needed to maintain the blood and the elastic fibre. Or it may be broken arches, and the bones of the feet sag out of shape. Walking becomes a labor instead of a joy, because the muscles of the feet are flabby and cannot support the natural arch shape of the foot. All manner of unnatural devices have been used in the attempt to heal these very simple conditions. When we understand that the real problem of health is to feed the cells, and that the lasting process is to build health the natural way instead of treating diseases, the whole problem is easy to understand.

But last of all the valves of the heart may get flabby and the heart cannot force the blood out under proper pressure, because the valves are unable to close firmly and the blood rushes back. We say the heart becomes enlarged, whereas it would be more truthful to say that the heart is

soft and flabby. Since it is impossible to perform operations on the heart, we complacently conclude that there is nothing to be done but to arrange to die. And yet there are Mineral Food people today with normal hearts restored by this System, having been considered incurable. Men and women are proving it everywhere.

The Other Mineral Sacrifices

But this Lime Fluoride was not the only mineral taken from its natural function and made to sacrifice for the more vital needs of the body. In the cancelling process illustrated above Potassium Phosphate was lost, hence another deficiency occurs, and notice how the "**Healing Power of Nature**" operates along the line of that mineral in the body.

The natural function of this mineral is to build and support, in perfect health, those cells known as the gray-matter cells of the nerve system, which is important, but not so vital to life as the bloodstream. Therefore, under the law of "**The Healing Power of Nature**" the nerves are required to sacrifice, that the needs of the bloodstream may be maintained.

The brain cells must have Potassium Phosphate, for without it the brain will suffer and mental diseases of some kind will result. Those who have nervous prostration; women who suffer tortures because of their hysterical condition; men who become disqualified for business because they make mountains out of molehills and see situations worse than they are, become irritable and fretful, could be readily relieved if they understood. Some of the diseases coming under the classifications of dreaded insanity, may be brought about by reason of that deficiency; hence your nerves, as well as your muscles, are making a sacrifice to save your life. This explains why many who have piles, female trouble, or other flabby muscular diseases are also extremely nervous.

You might say that you would rather be dead than insane; and so would I, but in nature the first great law is to preserve life. It is more important under the laws of nature to preserve life than it is to think straight. In some unfortunate cases, this loss of mental power is due to the working of the law of healing which saves more lives than any or all inventions and practices of man.

Another Sacrifice

There are other minerals in the body that have a Phosphorous base. Sometimes the laws of nature operate in such a way as to take Magnesium Phosphate out of the body in order to produce the cancellation as given below:

Lime ~~Fluoride~~.
~~Magnesium~~ Phosphate.
Lime Phosphate—(Is Supplied).

Then the body is disturbed in other ways because Magnesium Phosphate becomes deficient. This is the mineral that builds the white fibres of the nervous system. All of those conditions which we describe as spasmodic or convulsive, such as St. Vitus Dance, convulsions, spasms are simply the outward signs produced when the nerve fibres are compelled to sacrifice their life-giving mineral in order that the natural law, which preserves life, under "**The Healing Power of Nature**" may do its perfect work. For under the laws of nature it is better to suffer with these spasmodic nervous diseases than to die a sudden death, which would surely follow if the bloodstream is poisoned or starved.

Some other Phosphate, such as Sodium Phosphate is compelled to sacrifice in order to make the cancellation as follows:

Lime ~~Fluoride~~.

~~Sodium~~ Phosphate.
Lime Phosphate—(Is Supplied).

This Sodium Phosphate mineral when cancelled as in the above, becomes deficient and it is necessary because it is the alkali that controls or neutralizes the acids natural to the body, and another long list of diseases such as sour stomach, some forms of female trouble, headaches, gout and rheumatism occur in the absence of this mineral because the acid causes trouble when not neutralized by this alkali.

Mineral Food Is Not Specified

Do not think that all you need to do to cure insanity is to supply Potassium Phosphate; or that Magnesium Phosphate is a specific remedy for St. Vitus Dance; or that piles may be cured by eating Calcium Fluoride, or that any mineral will cure the diseases named when taken as a medicine. It does not work that way. I do not say this for any other reason than that it is so. That is not nature's way, and no man can change the laws of nature. The reason Mineral Food cannot do this is explained below.

The mineral content of the body is arranged in an accurately worked out natural proportion. The minerals must be in perfect continuity, not equal amounts but proportionate. No one was ever deficient in only one mineral, neither can anyone think of one disease and cure it with one mineral. Mineral Food does not cure disease in a specific, therapeutic or materia medica way. It is not a drug effect at all.

Mineral Food does not act directly upon any given spot and immediately eliminate a given disease. You cannot cure diseases in any such fashion with Mineral Food, or by any other method. You feed the bloodstream and the disease is worked out in the way it must go under the laws of nature.

Anyone, therefore, who follows a plan of eating a Min-

eral Food mentioned as related to certain diseases, attempting to use it as a specific remedy for those diseases would certainly be disappointed. There is no way to reach a state of perfect health except to feed the body every day what it asks for, to supply the chief needs of the body and not attempt to treat specific organs by following specific Mineral Food remedies. You must build up the mineral needs of the body in just the right proportion or in a straight line, and leave the disease to the natural laws of healing.

You Can Do It

The method by which your body keeps telling you what it needs is described in the following chapters. It is easy to understand. An illustration can be taken from the every-day life of my seven-year-old boy.

My little boy came running into the house one day and the first thing he did was to go to the desk where we keep a stock of Mineral Food. I saw him pick up No. 6 and eat one tablet. It occurred to me to find out what his idea was, for I knew he had never read one line of the Language of Nature. Growing up with Mineral Food in the home, he had no doubt about its efficiency for he has seen it work from babyhood. The theory of the System is unknown to him, but he had some reason for taking No. 6 and I wanted to know what it was. I inquired why he was eating No. 6, and the reply given in a careless fashion illustrates the simplicity of the System: "Oh, I didn't sleep good last night, I had a headache this morning and I couldn't sit still at school".

How did he know this? We have a rule in our home never to give any of the children Mineral Food at any time without an understanding why it is taken. That seven-year-old boy has had these experiences and someone has told him time and again why the Mineral Food was needed, and he

had three calls for No. 6. He did not even know the word nervousness. His older sister with the same symptoms might have replied, "I'm nervous". He did not know whether the name of his disease was hemiplegia, dementia-praecox, paresis or katatonia. He knew nothing about the symptomatology, the pathology, or the diagnostic problems of his disease, but he did know the one all important thing—he knew that he needed No. 6. He also knew another very important thing—that when he used Mineral Food he always received benefit.

A Perfectly Natural System

Mineral Food is absolutely harmless because it is perfectly natural to the body. It cannot possibly do any injury, and when it is used in the proper way it works.

If you will take the Mineral Food System of Health and live with it, use it and not worry because you may not understand all about it the first week or month, but patiently practice the use of it until you become accustomed to the method, you can learn and understand it, and you can henceforth care for your own body and live in a continued state of health.

Earnest and conscientious men have for ages been led by past methods to study health in a backward way, from the negative standpoint, attempting to find specific cures for diseases they have named, which diseases were only a part of nature's struggle to keep the body living while it suffered for want of natural chemical forces. Such methods were filled with mystery, danger and doubt because they violated these natural laws. At first thought the Mineral Food System seems amazing for two reasons. Firstly, its simplicity, and secondly, because it works. It is only natural. If it seems wonderful it is because we marvel that such a simple process should have remained so long hidden from view. Searching

the laws of health in the positive way through the study of life in the cells makes it plain. This is the "**Healing Power of Nature**".

Your Cells Depend Upon You

Your cells of life placed back within your body and having no means of seeking their own food must tell you in some form of distress the needs of their being. They toil for you unceasingly. If you will feed them, they will never complain or irritate you, but if you have responded to the food fashions of our generation by cultivating tastes that starve your cells, just as I have done and as all the world is doing, then what can be more natural than that your cells will become weakened if you feed your stomach but starve the fountains of life in your body?

Rejoice and Be Glad

Your life is not sustained by feeding your stomach. It is sustained by getting the natural material forces of life back to the cells where the reactions or vibrations take place. You must provide these elements if you want to live. If you must live as a part of the world, do as the world does, and eat as the world eats, there is no way to escape except to make compensation. You must supply the need. If you go to the table and eat a food which fails to nourish, you should be glad when you find a method by which nature's processes are so perfectly duplicated that you can meet the demands as made known to you by the Language of Nature in such a way that the fountain of life is perfectly supplied, and **your health** maintained.

The great secret of success that goes with the Mineral Food System of Health is due to the fact that we are teaching the world to stop thinking something is wrong with the body and that we must resort to some strong method of curing it.

You think you must do something quick to get well. But the fact is, all that anybody can do to get well is to let the body get well of itself by giving it what it asks for. It is automatic, and correctly adjusted. It is all sufficient unto itself and all it needs is food. Not delicious appetizing food, but that which responds to the laws of nature, found in the Mineral Food we offer.

A Great Hope

If this seems to be a new thought to you, take courage. It should fill you with hope. If you have tried everything and all has failed, then hear what our members say about Mineral Food. Hear how they get well. Investigate! Prove it to yourself by every means. There is only one way that you can completely satisfy yourself and that is test it. Begin now! You cannot escape the responsibility of proving these things without assuming the responsibility of rejecting a hope that may save a life.

You can prove that these things are so. Others have done it. Anyone who can read the newspaper and understand it can comprehend and follow the Language of Nature. The very fact that you are reading this message proves that you are open minded and seeking something better. You have tried the old ways. Now that you have found another do not be astonished because it sounds new, but reach out and prove it for your strength and healing.

When this is once practiced in the home, and the knowledge is imparted in the right way and a Mineral Food that is properly prepared is used as it should be, then its work is perfect and those who have proven it become enthusiastic about this method because in the midst of failure and after many discouragements, the experience of virility, health and strength and a return to usefulness with a hope of life becomes the abundant cause for enthusiasm.

Mineral Food people are secure. They learn by proving and experience that the past distress, expense, mental anxiety and suffering are over and all in the home are made strong and well. They began this system with fears and doubts but have come out enthusiastic and say it is better than they expected. The children are more efficient at school, the housewife finds that those duties that once made life a burden have become a joy and the breadwinner is stronger for his tasks and finds success in coming. Of course, they are enthusiastic and if you knew that "the half has never yet been told" you would lose no time. You would prove it too.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow that Way!

CHAPTER III

THE LANGUAGE OF NATURE THEORY

By Language of Nature, we mean the signs given by your body as a warning that some natural and necessary food material is needed. This feature of the Mineral Food System of Health is the foundation of our success, because Mineral Food cannot be used with the best results any other way.

Whenever you have a pain, it means your body needs one of the twelve Minerals of which you are made and the pain tells you the needed Mineral. A dragging, sagging pain calls for No. 1. If it is a beating, throbbing pain it is No. 4 and a sharp, shooting pain means No. 8, etc.

Whenever you have a discharge from your eyes, nose, ear, or any other organ it means you need some Mineral. If a water discharge it is No. 9. A clear, white transparent mucous is No. 2 and a thick white or grayish white substance indicates No. 5, etc.

The color of the skin, the tongue signs, swellings, and many other miscellaneous characteristics are expressing to you the needs of your body for Mineral Food.

Every part of the Language of Nature is as simple as this. It is not a problem of diagnosis, to find the name of your disease. You need not know that, in fact, the less you know about the name of your disease the better. Many who try to treat their diseases are confused and find the Language of Nature hard. You simply answer the calls of your body for Mineral Food. Your bloodstream makes its own diagnosis according to the laws of nature and makes no mistakes. It may not respond the way you wish it would for it will do what should be done to preserve your life and build your health regardless of any hurry on your part as to any par-

ticular place and finally the parts you are interested in curing will be healed.

Our Language of Nature covers every need. We teach you how to tell what your body is calling for by signs from every part and by a variety complete enough to meet every individual's need and yet brief enough to be within the reach of all. If you will answer these calls, giving your body what it asks for and stop taking unnatural drugs that ruin your health, you will build up your body tone, and the full vigor of natural strength will be restored.

Easy and Simple

It is very simple when you get started rightly. The longer you follow the System the easier it becomes. There is only one feature hard to understand and that is, the name of the disease has absolutely nothing to do with the Language of Nature. Some people insist on trying to treat their disease instead of yielding to this Language of Nature method, and such find discouragements. We have been trained to think that way and hence it is hard to overcome those habits of thought.

Years of experience have proven beyond a shadow of doubt that those who quickly absorb this idea at the beginning are the first to reap the benefit. You must eradicate from your mind the entire old method. When this is done, success is assured.

Find Out What You Need

No matter what disease you have, you need the twelve Mineral substances of which your body is made, for your body is deficient in all of them. Here is the first reason why no one, two or three Minerals will bring health. Therefore, it is utterly impossible to tell what to take for rheumatism,

or any other disease by name. But the Language of Nature is plain and anyone who will follow this method will have no trouble about rheumatism, or any other disease.

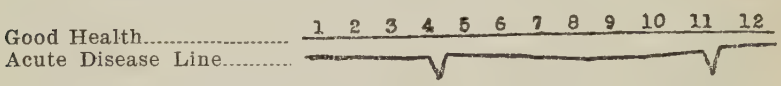
There are some who are misled by the statements we make, when we explain that a pile is only a flabby condition that is due to a deficiency of Mineral Food No. 1, which builds elastic fibres, concluding all they have to do is to eat No. 1 until the pile is cured, but this is not nature's way. Such a method fails because the laws of nature require that the Mineral substance of the body shall be in the proper and natural proportion. When any one Mineral is deficient then all are deficient because the chemical processes going on in the body will work to cancel or change base in order to keep the proportion correct. Poor health results from all of these deficiencies. Piles are only a part of the problem, just one phase of the deficiencies. When the supply of that Mineral begins, these natural laws prevent you from bringing up the line at one point, and it is a good thing that this is so, as will be explained below.

Why the Line Must Be Straight

Whenever the line of Mineral substance is not straight in the body, the danger is some form of acute disease. A fever, severe colds, acute attacks of rheumatism, and all acute sickness, are due to a severe break in the line which nature has not been able to quickly correct. The natural law is arranged tc avoid acute or sudden severe sickness as much as possible. Chronic diseases which are slowly advancing diseases like Bright's Disease, Diabetes, Tuberculosis, Piles, Rheumatism and all such perpetual disorders are the result of Mineral substances being low in a general way, but in nearly the proper proportion.

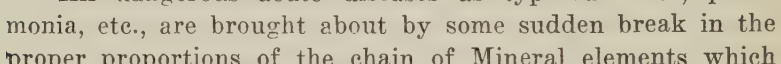
So far as the danger of a sudden sick spell causing death

is concerned, you have noticed that frequently those who seem to be well become the first victims. It is because the Mineral substance of the body is sharply broken at one or two points as illustrated by the cut below.



All dangerous acute diseases as typhoid fever, pneumonia, etc., are brought about by some sudden break in the proper proportions of the chain of Mineral elements which causes a sudden condition of much waste matter upon which disease germs take their strong hold.

Nature struggles to prevent this pronounced deficiency at one or two points. Whenever No. 4 and No. 11 become so seriously below the proper proportion as in the cut above there is danger of the "flu" or pneumonia or some other acute sickness. The disease will settle at the point of greatest weakness which is all these names mean. But the long standing case of T. B. or Bright's Disease or any other chronic disease would be more like this:



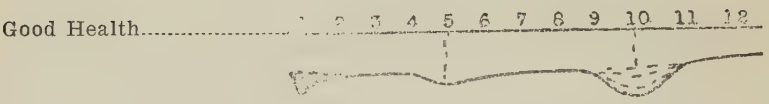
And the chief problem this time is that all Mineral substances are seriously needed, but the line is not so severely broken at any one or two points because nature has been chemically reacting for years perhaps to keep the right proportion, causing one Mineral to substitute for another by changing base and cancelling one after another to keep the line as straight as possible.

At the time the "flu" passed over the country, it was

observed that whole families were stricken. Those who seemed to be strongest were often the first and most violent cases. I noticed one family where the father who had never known what it was to complain, was the first victim and he died before his friends realized he was seriously ill. The mother was also stricken and died, the son following and each were thought to be healthy. One poor little girl, weak and puny believed to be a T. B. was found to be immune to "flu". If you have carefully analyzed the foregoing you can see why. The poor, sickly girl's Mineral substance line was weak and below normal but it was nearer to the natural proportion than those who seemed well and strong. It is more immediately dangerous to life to seem well with the Mineral substance badly out of proportion than to be in poor health, with the Mineral base low, but in the natural proportion.

That proper proportion must be maintained, and the laws of nature operate to keep the balance correct. If you are not as strong as you should be, you may not be in as great danger of serious, acute sickness and death as some others who seem well and strong. Your body may be keeping the Minerals in proper balance, operating in such a chemical way as to keep the line straight, even though the line is below normal and you seem weak.

When you notice that piles and other flabby conditions call for Mineral Food No. 1, you must not attempt to force your body to cure that flabby muscle defect. From the standpoint of the life of your entire body your bloodstream must be impartial. The law of the Healing Power of Nature operates to keep the Mineral content in the natural proportion and will not permit you to force a cure on No. 1 problems while other needs remain below normal. If you try to violate this law you will reach a point where you can go no further until you meet the other needs.



You will notice on this cut above that the good health or normal line of the twelve Minerals is given, not equal amounts, but correct proportion, and below that, another line is drawn, and it shows that No. 1 is low, and that individual has soft, flabby muscles, weak, flabby conditions, probably, all over the body and the most distressing thing may be piles. If that individual undertakes to feed the body No. 1, he can bring that line up as indicated by the dotted line.

The condition of piles will not be overcome by just feeding No. 1, for when that dotted line reaches the level of the low line, the body will give calls and indicate the need for other Minerals, and the other calls must be answered and the whole line must be gradually brought up as indicated by the chart above, for it must all come up to the normal line of health and strength throughout the whole body in a perfectly natural way by keeping that line straight. That is the law of the Healing Power of Nature.

Therefore, there is no specific remedy for any disease, by the Mineral Food way nor by any other. There cannot be because it is unnatural, therefore, those who attempt to force nature suffer disappointment by refusing to accept these important natural principles. Do not try to treat diseases, but build your health the Mineral Food way. Answer the calls as given to you in the Language of Nature, taking into account every part of your body, finding out each day what the body most needs. Supply the greatest need and build up your general health by keeping the line straight, and when done this way you can reach any goal and overcome any and all conditions that are distressing in your body.

Very frequently a similar case arises like that of a mother who said, "I read in your book that Mineral Food No. 5 controls the fibrin and keeps it from passing out, which causes measles, and when the measles came into our neighborhood I fed my boy No. 5 and he got the measles just the same, and I cannot understand why".

That is an attempt to make the Mineral Food System of Health work on the principle of preventing a disease by using Mineral Food No. 5 as a specific preventive measure. Nature will not work that way.

Suppose this boy had acid as well as No. 5 conditions and the No. 5 Mineral in the body was below normal, but other Mineral substances were lower, and it might have been that No. 10 at this particular time was the most pressing need of that boy's body.

If so, there were plenty of signs in the Language of Nature calling for No. 10 which any mother could have understood. The breath would have been sour, acid stomach, acid conditions from all over the body that are easy to read. If the boy needed No. 10 badly, and the mother did not supply that need, but used Mineral Food No. 5 as a specific preventive measure for measles, then she fed No. 5, no doubt day after day in a way the boy's body could not use it, for the line must be kept straight even though it is below normal, and that Mineral Food was wasted and never reached the point of need because there were other calls more pressing as illustrated in the cut above.

You will notice by this cut that the need of No. 5 was there, but a more pressing need of No. 10, for the line was lower at that point, and it was not possible to build up No. 5 until No. 10 was taken care of, for the line must be kept straight. But when the measles were epidemic, that boy became infected because of a deficiency of No. 5. He was not

immune. If the other needs had been supplied as well as No. 5, so that his body could have taken up the No. 5 that was given him at the same time keeping the line straight, then he would have been immune, for his bloodstream would have contained the serum that was natural, to combat that infectious disease.

Under the laws of nature, everything possible is done to preserve chemical balance in the body. One condition follows another and there may be decayed teeth first of all and other conditions within the range of Mineral Food No. 1, such as sagging and flabby problems on the outside of the body as in muscles, and inside of the body in the vital organs. There are catarrh, stomach trouble, constipation, acid conditions and all of this is done under the natural laws of life, by which the body struggles along to keep itself well, fighting back a physical breakdown by preserving the proper balance.

This is due to the fine principle of the Healing Power of Nature. It is nature's way. It is a perfect way. It is for your benefit. You need to understand that all of these laws work to save your life and that you do not need to be afraid of anything except a failure to fall in line with these natural laws.

Long before anyone ever had Bright's Disease, they had these other conditions or forms of suffering that they put up with, thinking they had to endure. They did not know what to do except to keep hoping that everything would come out right. But after a while constipation, indigestion, varicose veins, piles, decayed teeth, catarrhal conditions in the nose and other organs and perhaps acid stomach had progressed for months or years until finally this dreadful, Bright's Disease appears, because the waste of albumen constantly increases, and if such a person reads that Bright's Disease is a No. 2 problem, and assumes that No. 2 will be a specific

remedy for Bright's Disease and begins to eat Mineral Food No. 2 to cure it in that way then that person is going to be disappointed.

The Healing Power of Nature worked to keep the line straight during the period of decline, as a means of saving the life. When you begin to build up health by eating Mineral Food that same law works upward to prevent the line from getting out of balance. It would be against your best good for your body to permit you to force one point on that line. That is why this System is safe. Even if you go wrong, your bloodstream refuses to follow your mistake and will not take up or use any Mineral Food that might destroy its perfect balance.

You can save yourself disappointment by going with nature. Answer the calls you find most urgent each day no matter what you want to cure most earnestly. If you try to force your own way you waste Mineral Food. If you will respect natural law and answer calls in the Language of Nature, you will succeed.

This means nothing can be done suddenly. The body did not get sick in a day, and it cannot be cured in a week. You have to call upon all of the forces of nature and you are going to begin to feed the body all of the things that are needed. You will have calls for other Minerals that you may think have no particular bearing on your disease, but you must supply all of these needs to keep the line straight.

It very frequently happens that somebody has tried to force the cure against this law and they become greatly discouraged and they say, "I have been eating No. 2 for six weeks and I still have Bright's Disease". And when I ask what other Minerals they have used they say, "Oh, yes, I have been eating some of so and so and so and so, but why don't' I get well of Bright's Disease?" And then when I

ask "Are you noticing any results?" they answer, "Oh, yes, my piles are better or my stomach is better, but I still have Bright's Disease, and that is what I am taking Mineral Food for." Such a person is trying to cure a disease in a specific way by using Mineral Food as a specific remedy. No such claim is made for Mineral Food, and it will not work that way because it cannot.

But the chief thing to notice is that the stomach and the piles are better. We see the Mineral Food is working and that is exactly what we are talking about. The process of nature in bringing about health and strength by the use of the Mineral Food is always that way. It sets back those natural processes that took place all of the time the Healing Power of Nature was resisting a complete breakdown.

Under the law of the Healing Power of Nature, your life has been saved for years by the cancellation of the Minerals in your body so that it was able to resist immediate death. Now by the use of Mineral Food you start the process the other way under the operation of that same law and you begin to notice that little changes come first and you should be happy. There is no cause for discouragement because the main disease, that forced your attention upon the problems of health, has not immediately come under control.

Nature is working the problem out in the natural way. Nature will not work in any other way. It is impossible for nature to do any unnatural thing. Nature can only follow natural laws. Natural laws are for your good and preserve your life, and will heal your disease in nature's own time and way.

Bring Up the Line Each Day

Answer your calls and constantly supply the one thing needed most. It is never necessary to use more than two or three different Minerals any day. It is best not to use many

different Minerals at one time because the more you use the more difficult you make it for your body to keep the line straight. The best way is to find where the line is lowest each day. The Language of Nature will show you this low point, for whatever Mineral is called for by the most signs from different parts is the most needed Mineral.

If you supply those needs and bring up the line step by step so that nature is not required to go through those laborious processes of cancelling Minerals to keep the line straight then you are following natural law. It is easy to do when you get started at it rightly. Any one can do it. You can do it.

All Can Learn It

Our records show marked success among folk who read and write with difficulty. Generally speaking the hardest to help along this way are doctors and nurses who have lost their health and seek Mineral Food relief. A doctor or nurse has so much to forget. They have been trained to think in terms of diseases more than any other class of educated people, and they find it harder to bend their thought to this natural method than those who are not burdened by such habits of thought. Success in the Mineral Food System depends on following this simple Language of Nature way and no training at all is better than a handicap of training in the opposite way. However, anyone can do it.

One can build up his health in less time than he lost it, and yet it is necessary to urge everybody to be patient as he eats Mineral Food, for the world's speed limit is so great that we demand quick cures which are unnatural and impossible. And yet it is possible to get quick action if you are contented and happy over the effects you get. There will be some results always, although it may not be the particular ones you are asking for. You cannot take Mineral Food and

demand that some disease or special part of your body shall get well at once. If your distress is in your leg, the laws of nature may demand that your heart shall be taken care of first and this brings in the great law which we term "Vital organs first".

Vital Organs First

It means this: Under the laws of nature those organs that take care of the vital life functions of your body are more important to the whole body than those organs that are not so vital to life. It is as though the laws of nature said to you your heart must be taken care of first of all, and if your leg hurts you, cut it off and throw it away, if you so desire, for you can live without it. Of course, that is a homely and crude way to express it, but what must be done is to respect nature's law and let nature take her course. Nature will pay attention to the vital organs of your body first, but eventually the lowest extremity of your weakest toe will be reached under the laws of nature with a splendid power of healing and strength coming to your whole body step by step in nature's perfect way.

I am reminded of that statement in Holy Writ to the effect that "No man by taking thought unto himself can add one cubit to his stature", and I want to lay down the same identical principle in the following statement: No man, by taking thought to himself can eat Mineral Food and say "Cure my weak spot right now". That thought will not change the course of nature one iota. To make such a demand is to fail to take into account the laws of nature.

The abnormal condition you are thinking about will be cured according to the laws of nature in nature's own good time and in a natural way. You should be grateful as you see the Mineral Food System is so natural. The operation of nature is as it should be. If you do not like some natural

principles now, you will like them better when you prove all natural law is finally beneficial.

Do not try to tell me your only trouble is your big toe or some other organ and that your vital organs are all right. I realize your heart may pass under the rules of the science of diagnosis but that is not an exact science otherwise diagnostitians would not disagree. The Healing Power of Nature is exact, makes no mistakes. If you have gout there is something wrong in other parts more vital to life than your toe and nature's Healing power will touch the more vital organs first.

The Natural Diagnosis

The organs most vital are those that nature says should be taken care of first, and there is never any mistake made by nature in diagnosis. You may suffer more in some other place and you may not like this law at first, but how well you like it depends upon your understanding of these principles.

I remember the day when I used to berate my luck and condemn the Wise Overseer of all nature because I had an incurable and fatal disease. How hard it was for me to see why in the prime of life, I should be stricken down. When I finally came to understand these natural laws, I saw that if my bloodstream had not found methods of eliminating the poisons I would have died almost an instant death from blood poisoning in some dreadful way long before I learned the Mineral Food System of Health.

Every disease should be understood in the same way. Disease is due to the fact that nature is saving your life. Every process of healing though it may be slow, aggrevatingly slow to you, still every process of healing is the beneficial outworking of the law that you may not understand, but which law is for your benefit organized and set in motion long before your existence began, a law that I did not make

and that you cannot amend, a law that we must live by, God's eternal law, and it is our part to permit that law to operate by meeting the needs of the body.

Conclusion

In every process of nature, the best route of healing is followed. Your healing can only be done by setting the processes backward that have been going on for many years as your health has gradually declined. Your method is to follow nature and keep the line straight. Answer the calls. If there was a quicker way it would be to my interest to find it and tell you. I do not say this because I made it so, but I say this because I find it is so. A full and complete understanding of all of those principles convinces me that there can be no better way, and experience has taught me to say that I do not want anything better than the natural way, for the plan that has been set in motion by the Master Mechanic of the universe is going to be my way. I lift my face to Him and I praise His name. I humbly bend my will to His will determined to follow His perfect way.

The Mineral Food System Is Your Way to Health!
The Language of Nature Shows You the Way!
Follow That Way!

CHAPTER IV

HOW TO USE MINERAL FOOD

I am about to repeat statements explained in former chapters although repetition is odious, but experience shows that some have difficulty to get this Language of Nature Viewpoint rightly. It is easy to those who get the viewpoint. Therefore, be sure you understand the following, for Mineral Food must be used correctly and if you do, your success will be continued and complete.

Never try to find what to take for your disease. The name of your disease will be confusing. You want to cure that disease and I am anxious to help you. The "Healing Power of Nature" will do this but not by dealing with your disease. The secret of using the foods is based on the daily needs of the bloodstream. Try and understand that although it does not seem to have any bearing on your disease.

The way to find that is to answer your most pressing calls. Suppose you have Pernicious Anemia. You must build blood corpuscles. No. 2 and No. 4 meet that need. But if your bloodstream is charged with bile which poisons and kills blood corpuscles, then you can easily see you must answer the need of the bilious conditions. If your eye balls are yellow or your skin has a jaundice color, or a yellowish color is seen down at the roots of your finger nails or toe nails you should turn to your No. 11 calls, check it over carefully and notice how many No. 11 conditions you have and if you find a definite expression of a need for No. 11 you must respond to that need before it will be possible to do very much in the way of building blood corpuscles.

Then supply that need regularly so long as those signs continue. You can never build blood corpuscles while bile

keeps killing them. Neither can piles be cured by eating No. 1 if your nervous conditions are so severe that the need for No. 6 is greater than your No. 1 calls, for the law of health depends upon the proportion having balance; you may eat No. 1 but your body will not use it when other needs are greater.

This is the vital reason why you must do this yourself. Do not depend on any other person telling you what to take.

If you notice a change of new, or strange conditions after you start to eat Mineral Food, do not be confused or surprised, for that is frequently the first sign that it is working. A headache shortly after you begin to take the food means your body is telling you to change to some other Number of Mineral Food. You have changed the line or proportion and a more urgent need is expressed or forced upon you. Take the headache sign as a new start, find what it calls for and prove you are right by checking for other calls for the same mineral your headache seems to indicate. If there are several other signs for the same number as the one for headache you have proven that need. Stop the other number and eat the one called for until you find the indications change again, and so on.

To multiply instances by naming other diseases or conditions in the hope of finding everyone's experience is to waste valuable time and someone would be surely disappointed no matter how far it was taken. Your part is to understand natural law. If you understand that, you can apply the principle to any combination of conditions. Be sure you understand the principles explained in the previous chapters on the "Healing Power of Nature" and the "Language of Nature".

The "Language of Nature" always works. If you do not respond properly, you will soon see it if you notice the changing effects. Whenever you do not get the proper result

you know you must go back and start again. When you find the need correctly it works. Try to build up the lowest point in the line. Do not try to treat some pet condition you want to cure. Every time the calls change that means the "Language of Nature" is helping you to keep the line or proportion right, while you bring it up to normal a step each day.

You need a full set of Mineral Food to start with. You see why. If you pick out a few you think you need at first, your calls will change as the "Healing Power of Nature" operates to keep the line straight. You cannot respond to the changing calls unless you have the Mineral Food those calls demand, and thus you cannot make the System work, without a full set of Mineral Food. After the small investment necessary to start rightly is made, you never need to buy but one or two boxes at a time to keep up the stock.

How to Eat Mineral Food

One tablet at a time is the right amount for the adult to use. Some think because Mineral Food is natural and perfectly harmless that they can hurry up results by eating more and it will do no harm. That idea is wrong. It is harmless, but you cannot hurry results. In the first place it is wasteful. Your bloodstream and cells can only take it up and use it as the chemical changes, precipitations and laws of attraction or affinity work to pull these fine food substances into the cells. Eating much Mineral Food does not necessarily mean that you get the benefit of all you eat.

In the second place you may hinder the best results that way. If you crowd or try to force Nature you may bring about a chemical condition of over balance so that you do not get any benefit. It is possible to do that. We want you to succeed. We want efficiency, for that means health and more health. One tablet at a time is enough. If you prove to your

own satisfaction an increased use produces better results, we are glad to have you eat more, but when this is not the case, stop entirely for a day or so and start over again eating one at a time. If your body will successfully assimulate more than one tablet at a time, you are then an exception to the general rule.

For a child, half a tablet ought to be enough, and for a baby, even a smaller amount. But, even a baby could eat a whole tablet without the least danger. Crush the tablet for infants, to avoid the possibility of choking. By a little careful observation, it may be found that a smaller amount will bring results as fast as to use a full tablet, and in this case, it is wasteful to feed more. Medicine cannot be used that way, for poisonous or unnatural substances must be used under limitations, but this is not medicine. It is impossible to give any definite instructions as to the amount of Mineral Food required in each case, for no two people are alike. Test the amount of Mineral Food for you to use by judging results, and eat the tablets accordingly.

Mineral Food is so simple, safe, natural, and so perfectly harmless, that you need have no fear in using it. There is nothing in it that is not wholly natural to the body, and it is made so closely after natural laws that it cannot injure the weakest invalid or the smallest babe.

The best way to get results is to select each day that which you find to be most important. In a general way, Nos. 1, 2, and 4 are the Mineral Foods to build up a strong bloodstream and none of these should be neglected unless the calls of the body indicate that some other Mineral is more urgently called for at that particular time. Then, as fast as these calls are taken care of and disappear, the student will do well to come back to the bloodstream minerals, selecting the one that seems to be most needed. But no student should

ever take all of the twelve minerals at one time. Such a process will not work to the best advantage. Answer the call of the day, bring that under control, then find out what the needs are tomorrow, and do the same thing again.

When two or more minerals seem to be called for, the best way to respond is to alternate, using first one and then the other. Our Mineral Food has the number stamped on every tablet which makes it possible to put a day's supply in a single container, taking several numbers with you, and select those required at any time; alternating first one and then the other.

Occasionally some one says I need nearly all of the twelve Minerals at the same time, and no one or two calls seem more pressing.

An illustration taken from actual experience is offered. A woman says, "My calls today are 9-8-6-12-1-7-4 and I cannot see that anyone is more pressing than the other. What shall I do"? First decide the following point. Are any conditions in the acute stage? Any soreness, inflammation, fever or headache, etc. If so, then No. 4, because you know this is the need in any case that is acute for all acute conditions must be taken care of first. Then if you have nervousness, alternate No. 6 with No. 4 or if the No. 9 calls are pressing use No. 4 and No. 9. Pick out some need to go with No. 4.

If the conditions are not acute, they are then chronic, and all such conditions call for No. 2. Follow the same method and select the calls that should go with chronic needs. If nervousness, No. 2 and No. 6. If you feel worse in the afternoon, No. 2 and No. 7. It will not be long until a change will indicate another and more pressing need, because you will change the line of Mineral Content slightly and the "Language of Nature" will show this need as soon as any prominent deficiency is manifested.

How Often

As to the frequency, or how often to eat the Mineral Food, here again we cannot set down definite instruction, because no two people are alike. One or two tablets every two or three times a day, will be sufficient for some folks, while others will get better results if they use it every hour. If someone is sick in bed, with an extremely high fever, it is best to have a thin, fine stream of Mineral Food passing into the bloodstream, as often as one tablet every fifteen minutes, or even more frequent in desperate cases.

Do Not Swallow

Whenever the mouth is dry and scarcely able to dissolve the tablet, then crush it and dissolve in enough water to take up the powder. It is always best for quick results, to hold the Mineral Food in the mouth. Do not swallow it, not that it would be harmful, but the effects are more certain and come quicker if you let the Mineral Food be absorbed by the capillaires that come to the surface of the tongue or mouth tissues. In extreme or acute conditions such as a high fever, convulsions or spasms, it is a good plan, in order to meet such cases to dissolve the Mineral Food in water.

Our regular stock of Mineral Food is worked out scientifically as near to the average need as is possible. There are some emergencies, however, that require a slight variation to meet individual conditions. The regular stock readily meets all problems except those described below, and it will work even in those cases if the calls are correctly understood and answered. Every family should have a full set of **Regular Stock** to be used under ordinary circumstances and if the **Special** and **Extra Special Stock** is also available, this should be used when the following special conditions are distinctly seen. The only difference being that of following the

needs of the changing conditions of the body in such a way as to get the best results. These variations can be very easily discerned. In the use of all of these **Special** preparations remember the gain is more rapid results and economy because so much will not be needed. The **Regular Stock** should be used fearlessly if the **Special** is not at hand.

No. 1 Special

If the No. 1 conditions are general all over the body, and they have been existing for some time, perhaps gradually getting worse, it will be more natural to use No. 1 **Special Stock** for a time, but return to the **Regular Stock** after conditions become more nearly normal. As a general rule, beginners with many No. 1 conditions should start on this **Special** for the first box of Mineral Food, after that taking the **Regular Stock.**

No. 1 Extra Special

If the No. 1 conditions are extremely acute in one part of the body, as for instance, piles in an acute form; that is, sore and inflamed, or any other acute No. 1 condition with inflammation or soreness along with sagging flabby conditions, then No. 1 **Extra Special** will bring more speedy relief, however after this acute stage is passed, the **Regular Stock** will be more effective.

No. 4 Special

For the ordinary No. 4 conditions, the **Regular** Stock is better, but, when a No. 4 condition is especially severe, acute or malignant, such as some serious diseases with a high fever, No. 4 **Special** is better until the emergency is passed, after which the **Regular Stock** comes true to nature again. Every family should have at least one box of No. 4 **Special** on hand,

and yet, the **Regular Stock** should be used fearlessly if you have no **Special.**

No. 5 Special

The No. 5 **Special** will be effective in such serious children's diseases as show No. 5 calls, when there is fever or other swellings described in the Language of Nature showing intense inflammation or congestion, then No. 5 **Special** is more natural than the **Regular.**

No. 6 Special

When any of the No. 6 calls are accompanied with high fever of physical excitement, or when the mental conditions run into delirium, then the No. 6 **Special** is better, but the **Regular Stock** will not fail.

No. 8 Special

The No. 8 **Special** is more effective than the **Regular Stock** when the calls are exceedingly desperate, like spasms, consulsions, or when the No. 8 pains are intense. In other words, when the No. 8 calls are extremely acute, intense, or malignant, such as lock-jaw or spasms in blood poison, then **Special Stock** will give more rapid results. Every Mineral Food Family should have a box of No. 8 **Special** on hand with the hope it will never be needed, for **No. 8 Special** emergencies are extremely distressful. After the intense emergency passes, the **Regular Stock** will be more natural again.

These are the only special needs. The nature of the work of the other Minerals in the body is such that the **Regular Stock** meets all needs.

You Can Win

"**All things come to those who create a capacity to receive them.**" If you will now create a capcity for understanding the "Language of Nature"' you will soon have a full realization of the fact that at last you have found the truest health knowledge ever given to the world; a knowledge which puts you in perfect control of your greatest asset which is health. You can do this, for others have done it.

The following classification of calls for Mineral Food No. 1 to No. 12 should be your main study and practice. Try to learn by **thinking** in these numbers learning your regular calls. Beginners should frequently consult this entire list of calls for each number until they learn their own peculiar bodily needs then it becomes more simple.

No person ever has all of these calls. In one individual the body asks from one part and another person needing the same mineral would find it expressed in a different way. My first outstanding call for No. 8 is a cramp in my right foot. My wife's first call for that mineral is a quivering, spasmodic twitching of her left eyelid.

Therefore, this is more simple to learn than appears at first sight. You do not need to learn it all. We put it all there so you and others can find from the mass of calls what your own peculiar personal Language of Nature may be. When you learn that which belongs to your peculiar problems it will be only a few signs of each number and your study is completed so far as you are concerned and the rest is easy the remaining portion of your life. It is then that you will be able to say as others have said, namely: "It is the most simple and efficient System ever given to the world". Your slight confusion at the beginning is forgotten and you can tell your friends with assurance that they will find it easy also.

CHAPTER V

THE LANGUAGE OF NATURE

PART I

Mineral Food No. 1

Discharges:

The No. 1 discharge is a small yellow lump with an offensive smell. This may come from the nose, throat, eyes, ears, vagina, from any part of the body, or from an abscess, boil or carbuncle. It always means the body needs No. 1. Also, whenever bone splinters pass off from an abscess.

Face Signs:

Muscles of the face sag with drooping lines.

Mental Signs:

Imaginary fears. No. 1 victims think someone is trying to harm them. They fear financial or social ruin. They have dreams of impending danger which are groundless. They have great mental depressions. They become bewildered when they attempt to make decisions.

Pains:

When the need for No. 1 becomes great, the body puts out a distress signal in the form of a pain which we describe as a dragging, sagging, bearing down pain, sometimes having a burning sensation.

Sensations:

The following sensations call for No. 1: Tired, languid, or lazy feelings; no pep or energy; difficult to go upstairs; young folk throwing themselves down on the couch and complain of being tired; cannot resist the desire to sit down;

called lazy by home folk; sensation of weariness in the arms or legs; whenever there is a general downward disposition or a constant desire of relaxation; flickering sensation in the eyes or tickling sensation in the throat, causing cough.

Skin:

Chapped hands or lips; skin hard or horny; cracks in palms of hands or cracked skin anywhere.

Swellings:

When soft, like tumors, or hard, like bone. (Pus swellings are No. 12; inflamed swellings are No. 5). Hard knots in mothers' breasts. Swollen glands, either stony hard or like tumors. Enamel on the teeth is rough and uneven.

Tongue Signs:

Cracked or hardened. Chronic swelling.

Miscellaneous Signs:

Flabby muscular conditions anywhere in the body; flesh is flabby all over the body; soft; flabby swellings anywhere, such as tumors, rupture, piles, etc.; soft, flabby, or enlarged tonsils; gums soft and flabby, receding from the teeth, leaving them loose in the sockets; the soft palate drops down because it is flabby; curvature of the spine, due to the muscles being flabby on one side; joints, such as hip, wrist, knee, ankles, etc., slip out of place or become easily dislocated because of flabby muscles and ligaments; weak ankles, broken arches; flat foot, etc., because of flabby tissues; cataract on the eye; blurred vision after straining; chapped hands or lips; skin on the palms of the hands hard or horny; cracks in palms of hands; cracked skin anywhere.

Better:

Whenever any condition is better after rubbing, or when hard, lumpy, calloused swellings are better after cold applications, No. 1 is needed.

Mineral Food No. 2

Discharges:

The No. 2 discharge is ALBUMEN. It may come from the nose, throat, vagina, or from any organ or part of the body. Sometimes streaks of albumen are found in the feces from the bowels. Dr. Bright first discovered albumen in the urine—hence the name "Bright's Disease". Sometimes there is albumen in the discharge through the skin in eczema. When albumen is discharged from any organ, or part of the body, it never means too much albumen; it always means not enough No. 2. When diarrhoea follows the eating of fruit, small pimples or eruptions occur at puberty, when frequent hawking and expectorating, or albumen leucorrhoea, or vomit after cold water or ice cream; all are calls for No. 2.

Face Signs:

No. 2 is needed when anyone's face has the following appearance: greenish white, dirty looking face, sallow, freckles, greasy looking. Feels cold and clammy and numb.

Mental Signs:

The following mental conditions call for No. 2: involuntary sighing, inability to concentrate thought, mind wanders, dull, stupid, depressed, desire to be alone, resents consolation, tendency to impure sex thoughts, sleeplessness, poor memory, old people who are drowsy, young people who are hard to awaken in the morning, peevish, fretful, irritable children.

Pains:

The following pains indicate a desperate need in the body for Mineral Food No. 2: Creeping, crawling, grinding, tearing, slithering pains; whenever the bones in any part of the body ache; all pains that are worse at night, in cold or changeable weather, in open air or when the window is open,

or after exposure to moisture; headaches when the head feels too full, school girls who have headaches; labor-like pains before menses; tingling toothache; tonsils hurt when mouth is open. Headache, with cold feeling in the head. Head feels cold to the touch. Head feels tight. Eyeballs ache.

Sensations:

The following sensations indicate a need in the body for No. 2: Tip of nose cold. Cold, numb, quivering, creeping, crawling, slithering sensations; a feeling of ants creeping over the body, or worms crawling inside; cold hands or feet; or sensation we call being asleep; tingling or throbbing sensations in the sex organs; voluptuous feelings; tingling toothache; disgusting taste in the mouth; back feels cold along the spine; sensation of cold water running over the body; tongue feels numb; eyes sensitive to artificial light.

Miscellaneous Signs:

The following signs should tell the student of a need for No. 2: Any and all chronic coughs; whenever Menstruation is preceded by sexual desire or occurs during the nursing period; women who decline during pregnancy or after childbirth; pale, colorless gums; bow-legs in children; hoarse, rasping voice, or constant hemming and scraping when speaking; dizziness in old age or when walking; pimples on the tongue; too much urine; catch cold easily; stunted growth; cold, clammy sweat.

Better:

No. 2 is always called for when any condition is better in a warm room, in fair, pleasant weather, in the daytime, when lying down, or while resting.

Worse:

No. 2 is always called for when any condition is worse

in a cold room, a cold climate, in cold weather, in the open air, by an open window, in changeable weather, from getting wet, or at night time.

Mineral Food No. 3

Discharges:

All thick, mattery, pus-like discharges, mixed or streaked with blood, such as bloody expectoration or bloody pus from a boil, abscess, ulcer, carbuncle, etc., are No. 3 discharges. The discharge from the head when a cold becomes chronic and has the above appearance. Thick, lumpy discharge from the throat, nose, vagina, etc. The last stages of wasting discharge acute diseases such as croup, pneumonia, bronchitis, and chronic diseases such as T. B. or venereal diseases are No. 3 discharges. If this stage advances until the pus becomes thick and heavy, not streaked with blood, and becomes more deep-seated in its nature, then refer to the Language of Nature on No. 12. No. 3 discharges usually follow after No. 5 discharges, that is, a discharge of fibrin (No. 5) becomes chronic and the discharge advances or changes to pus or No. 3 discharge. All painless abscesses, especially fistula, are No. 3 discharges. All tendency to boils with discharge mixed with blood is No. 3.

Face Signs:

Mattery pimples on the face, especially in youth at puberty or sensitive pimples under the hair or beard are No. 3.

Mental Signs:

Changeable moods, that is, making many conflicting decisions, absent minded, easily irritated by interruptions. Discontented with occupation and seeks different position. Moves from one house to another. Full of fears, perplexities and

anxieties. Drowsy in afternoon, but sleepless at night because of many thoughts. Changing of thoughts frequently. Cannot stick to anything. No perseverence.

Miscellaneous Signs:

Ulcerations on the teeth, gums bleed when brushing, toothache that seems rheumatic, especially if there are gum boils or soft swollen gums. Sick at the stomach and dizzy at the same time. Craving for sour foods. Ulcerations anywhere, stomach, bowels, bladder, prostrate gland. All chronic inflammations that have passed the No. 5 stage alternate with No. 4. Burning of the soles of the feet; hip joint diseases; all bone conditions at the joints in the chronic stage such as hip joint diseases are No. 3; bone ulcers with pus.

Pain Signs:

There are no direct No. 3 pains known, but whenever waste matter or pus is scattered or dissipated over the body, this filth is irritating to the nerve ends everywhere and many rheumatic or neuralgic pains are due to this cause. Therefore, No. 6 and No. 8 pains are frequently due to No. 3 conditions. The way to be sure is to notice if such pains occur after other No. 3 signs such as pimples, boils, mental conditions or miscellaneous No. 3 signs. If there are other No. 3 calls at the same time that No. 6 or No. 8 pains prevail, then No. 3 should be freely used.

Skin Signs:

All pus-discharging skin surfaces, such as carbuncles, boils, pimples, ulcers or sores that are on skin surface or not deep-seated extending down into muscular or bone tissue, are typical No. 3 conditions. Outside skin sores forming yellow crusts or scabs are No. 3 calls. Burns, scalds, small cuts, scratches, bruises and neglected wounds that do not heal readily are No. 3 conditions. The deep-seated stages are No.

12 conditions (check the No. 12 calls) but even then No. 3 has a work to do in cleaning up after the surgical function of No. 12.

Mineral Food No. 4

Discharges:

All bright red blood discharges call for No. 4: also when the vomit contains undigested food, or bright red blood. A scant flow of urine with frequent desire is No. 4. All menstrual conditions when painful, too frequent, delayed or suppressed—No. 4.

Face Signs:

Cheeks hot or red.

Headaches:

When a headache is as follows, it is always nature's method of calling for No. 4: Congestive, blind headache with flushed face, accompanied by redness of eyes or face; head sore to the touch; throbbing, hammering sensations; following mental exertion; worse when rising from stooping position; when relieved by cold applications; feels like a nail driven over the eyes; heavy on top; worse on right side of the head, in temples, or over the eyes.

Pains:

When pain has the following characteristics, the body is calling for No. 4: Throbbing, beating, pounding, hammering, inflammatory pains; earache, toothache, etc. Pains from burns, scalds, cuts, wounds, any and all mechanical injuries. Toothache caused by warm or hot drinks, or better after cold drinks. Tender or sore on pressure, is an unfailing test for No. 4.

Tongue Signs:

Bright, strawberry or cherry red. (Use Special Stock.)

Miscellaneous Signs:

Any of the following signs should be understood as calls from the body for No. 4: The first need at the beginning of all coughs, colds, fevers and any acute conditions. Painful short, irritating cough; hoarseness and huskiness of speakers and singers; dizziness, with rush of blood to the head; all fevers and inflammations, congestions, stoppages, uneasiness; belching taste of food; eyes blood shot; painful when attempting to move or use them; cough sharp, acute; hands hot, swollen, or painful; always the first need in mechanical injuries such as cuts, bruises, burns, and all such accidents.

Better:

When cold applications are used, or in the cold, open air.

Vomit:

Of undigested food or bright red blood.

Worse:

From rubbing or irritation.

Mineral Food No. 5

Discharges:

When fibrin, which has the appearance of a thick, tough, stringy, opaque white or grayish white substance, is passing from the nose, throat, vagina, or any other part or organ, it is a call for No. 5; stuffy colds; dark red, or black, tar-like, blood discharge. The bowel discharge, pale, light colored feces. The skin discharge is flakes, white or gray, as scarlet fever or eczema. Dark, bloody crusts in the nose. Milky, thick, white or grayish white leucorrhoea. Menses when black, tar-like, clotted and lasts too long. Vomit of thick white phlegm. Too much urine or when dark colored.

Face Signs:

Worried look. Eyes stand out with an appealing, dis-

tressed expression. Dark brown circles under the eyes. Granulated eyelids with feeling of sand. Excited appearance in the face.

Pains:

HEADACHE with a thick white coating on the tongue. Sick headache with sluggish liver, lack of bile producing constipation. Face ache with swellings of cheeks or gums. Toothache with swelling. No. 5 pains are accompanied with swollen parts; chronic rheumatism with swelling and pain with motion and movement.

Swellings:

Swellings with inflammation anywhere. (Not dropsical, of soft tumors, or hard bone-like swellings.) Inflammation is a good test of No. 5 swellings. Glands when enlarged or swollen, especially when sore or inflamed. Bunions and chilblains. Toothache, with swollen cheeks. All inflamed swelling in any part or organ. The chief M. F. in Gonorrhea, Bubo, Chronic Syphilis and Chancre.

Tongue Signs:

White or grayish white coating. A swollen tongue is No. 5.

Miscellaneous Signs:

Tonsils coated white or grayish, or membrane in the throat that is white or grayish white. Nausea after eating rich pastries or fatty foods. When expectoration following cough is difficult; croupy cough, or deep, barking stomach cough. Hawking of thick white or dark gray mucus. Crackling sounds in the ears when swallowing or blowing the nose. Earache with swollen glands, tonsils or eustachian tubes. Deafness with cracking noises. Noises in the ear like snapping or cracking. Belching of food with a fatty, greasy, sickening taste. Fatty food or pastry causes pain in the stomach.

Vomit of greasy food, or of dark clotted blood, stools light, pale color. Straining at stool with great pain extorting outcries. Unfortunate after effects of vaccination.

Better:

Any condition that is better when cold applications are used is a No. 5 call.

Worse:

When movement makes the parts affected worse, No. 5 is needed. All stomach and bowel conditions when worse after eating fats or pastries.

Mineral Food No. 6

Discharges:

When any of the following discharges are discovered your body is calling for No. 6: Thin, watery, bloody discharge which does not clot readily and is sometimes scalding or irritating. It may pass from the nose, vagina, or any organ or part of the body, or from an abscess, sore, boil, carbuncle, etc. Perspiration that has a strong, fetid odor, so often noticed from nervous people. The bowel discharge is thin, watery, like rice water, sometimes noisy and sputtering with foul smelling gas, like something dead. The vomit is dark like coffee grounds. Belch up risings from the stomach, tasting like something dead. Gas from the stomach has a death smell. Unnatural, irregular menses that are deep red, thin, with strong fetid odor, accompanied by headache. Blood in the urine. Scalding, orange colored leucorrhoea.

Face Signs:

The following face signs call for No. 6: Blackish, bluish, lead or livid colored; hollow eyed, sunken eyed; dilated pupils, distorted, sunken, wearied appearance; sweating of face at meals.

Headaches:

The following types of headache will tell you your body is calling for No. 6: Headaches when accompanied by despondency, prostration, exhaustion, or with an empty, all gone feeling in the stomach; sensitive to noises, stretching or yawning; better after eating or in cheerful company; headaches at the back part of the head or base of brain.

Mental Signs:

These signs are very important for this is the chief No. 6 function. When any of the following mental conditions prevail, your body is in need of No. 6: Moaning in sleep, crying moods, sheds tears easily, cross, fretful children, screaming in sleep, nervous dread, shrinks from company, bashful, pessimistic, sees unreal things, blushes easily, despondency, makes mountains out of molehills, worries over nothing, absent minded, after effects of grief, disappointment, anger, or fright, low muttering delirium, avoids conversation, noise is distressing, lack of energy, subject to false impressions, forgetful, gloomy, grasps at imaginary objects, hallucinations, haunted by visions of the past, hears unreal things at night, homesickness, hysteria from sudden emotions, impatient, night terrors in children, omits letters or words in writing or speaking, dreams, sleeplessness from excitement, sorrow, or worry; slow comprehension, wandering mind, whining moods.

Pains:

The following pains mean that your body needs No. 6: Lame pains, parts not paralyzed, but feel powerless to move; pains that are worse when you first move, but get better after brief exercise, but worse again when weary.

Sensations:

The following sensations mean that you need No. 6: Itching in the afternoon or evening; hunger after eating;

constant yawning or stretching; bruised feeling anywhere or all over the body; empty, all gone feeling in the stomach; feeling of weight in the back part of the head; palpitation or fluttering heart; burning on soles of feet; constant desire to swallow; lump or ball in throat.

Tongue Signs:

Dull, brown, like mustard; dry in the morning; sticks to the roof of mouth; dark brown taste; edges of tongue are red and sore.

Miscellaneous Signs:

Sight grows dim when weary. Deafness from lack of nervous preception; noises are confusing. Cannot hear when there are conflicting sounds. Teeth chatter from nervousness. Foul smelling breath, like something dead. Stumbles easily. Drops things frequently. Sudden dizzy spells that pass away. Dizzy when looking up. Fainting spells. Slow, indistinct, difficult, speech. Easily fatigued. Brown deposits on the teeth. Bleeding gums. Gangrene. All malignant conditions. Atrophy, or shrinking of parts. Debility or loss of sex function. Women who have strong sex desire after menses. Feeble, ineffectual, tedious or false labor pains in childbirth. Tendency to miscarriage. Irregular menstruation, too late, scanty, or too profuse, or deep blackish red, thin not clotting with offensive odor. Hysteria at periods. Discharge scalding.

Better:

All No. 6 conditions are better in cheerful company or at a cheerful entertainment, or in happy pleasant surroundings, or when eating agreeable food.

Worse:

All No. 6 conditions get worse when first arising from a reclining or sitting position, or after hard or prolonged exer-

cise, when alone, or in unpleasant or unhappy surroundings. Aggravated by noises.

Mineral Food No. 7

Discharges:

The No. 7 discharge is to be described as follows and as before explained in other minerals, this discharge means a deficiency of something. No. 7 is called for in the following discharges: When the discharge feels oily, slimy, or greasy, or sometimes is thin, or watery, and the color is greenish or yellowish green. When leucorrhoea has the above form with a sensation of fullness or stuffiness. When the mucus from the throat is as above described, and tough or stringy. A stuffy sensation in the nose with the above discharge. Hard, tight cough, when expectoration slips back and is sticky. Dandruff when the flakes show a greenish or yellowish green color. If white or gray, No. 5. Usually the skin peeling discharge of scarlet fever is a No. 7 discharge.

Headaches:

Headache when worse in a warm room or better in the open air. All headaches that get worse or begin in the evening.

Pains:

The following pains call for No. 7: Shifting pains changing from one part of the body to another. Sharp, cutting, stitching pains, usually worse in a warm room or in the afternoons, and better in the cool, open air. Toothache that is shifting in its nature or has the above characteristics.

Sensations:

A feeling of suffocation or a desire for the open air. A nauseated feeling accompanied with dizziness.

Tongue Signs:

The tongue is light yellow and a slimy greasy feeling at the base with an insipid, sickening taste in the mouth.

Miscellaneous Signs:

Drowsy in the afternoon or in a warm room. The skin is hot and dry in the afternoon or evening. Passages of gas from the bowels have the smell of sulphur. Lips peel off. Gas in the stomach with a feeling of pressure. Little bald spots on the head. (Not general Baldness). Gums have a pale color. Cough worse in evening or in a heated room, better in cool open air. In case of high fevers when the skin is hot and dry, No. 7 should always be used in alternation with No. 4 to cause sweating.

Better:

No. 7 conditions are better in the cool, open air, in cold weather, in the winter time, and it is the No. 7 person who impatiently demands fresh air. All conditions when sick people fight for open air are No. 7 calls.

Worse:

When in a warm room, when the windows are closed, in the afternoon or evening, or in the summer time. No. 7 would, therefore, be important in hay-fever or summer asthma. and is the chief deficiency in those persons who suffer in hot weather and must go to the mountains. Those who complain of the climate or require a change in order to live, are sick. Anyone can live anywhere and enjoy all climates if he is well. When a change of climate makes one feel better it does not mean the body is made well, but is better understood as a need of some mineral.

Mineral Food No. 8

Headaches:

Excruciating, shooting, bursting, stinging, coming on with a rushing, sudden attack, sometimes extending to the spine.

Mental Signs:

When the following mental characteristics prevail, it means that the body needs No. 8: Carries things aimlessly from place to place; lamenting mood, unreal sensations; illusions; nightmares; sees things unreal; a very vivid but unreal sense of danger; sleeplessness; sobbing disposition; talks to himself.

Pains:

True neuralgia; all spasmodic, cutting, boring, stinging, darting, shooting, cramping, lightning-like, excruciating pains. Pains that are worse in the cold, open air, or better in a warm room; pains that are worse after cold drinks or better after hot drinks, or worse on cold applications, but better after hot applications, or that are better by pressure on the parts, or by rubbing. Excruciating or colic pains in menstruation; spasmodic or false labor in child-birth; gums sensitive to hot and cold drinks or food. Toothache on going to bed, after drinking cold drinks, or eating cold food, such as ice-cream, but better after hot drinks or food. Toothache with involuntary flow of tears. Cutting pains after urination. Face pains that are worse after going to bed. All abdominal pains that are better when bending double.

Sensations:

Feeling of band around the body. Mouth feels puckered, drawn, or hot on the tongue or roof of the mouth. Eyes itch; colors before the eyes; eyelids droop; dim sight; sensitive to daylight; pupil contracted; sees sparks; squinting;

buzzing in the ears; choking-up sensation, tight, drawn constricted sensation; trembling sensation; loss of touch, taste, smell; gas in the stomach or bowels with a bursting sensation; burning sensations inside the body.

Tongue Signs:

When the tongue looks like raw meat, it is a very urgent call for No. 8. When the tongue is drawn out of shape, or unsteady, but is clean and dry.

Miscellaneous Signs:

Involuntary conditions of all sorts are calls for No. 8. Involuntary dribbling of the urine; bed wetting children; hiccough; shaking of the head, hands, legs, etc. All cramps anywhere; convulsive, spasmodic coughs; coughs that are worse when lying down or when there is no expectoration, or again, when the expectoration is flooding or gushing. Shrill sounding coughs. Clenched fists; fingers that shut tight; contortion of limbs; or convulsions of all sorts. Voice sounds shrill or harsh with sudden outbursts. Stammering or stuttering. Profuse, gushing, flooding, leucorrhoea; copious, excessive, or flooding menses; belching of stomach gas that is tasteless, or sometimes burning hot. Stools expelled with explosive force. Spasmodic or ineffectual labor pains. Sudden sneezing or coughing without warning.

Better:

No. 8 conditions are better after taking hot drinks or hot applications and are better in a warm room and are better in warm weather—hence have a general desire for warm things.

Worse:

No. 8 conditions are worse by reason of all things cold, such as the above.

Mineral Food No. 9

Discharges:

The following discharges are calls for No. 9: Water discharges, sometimes smarts, or bites, or has a salty taste or sensation. Watery, frothy mucus from any part or organ. Vomit is transparent, slimy, frothy. Dry catarrhal crusts in the nose. Menses are thin, pale, watery. Hawking up of salty mucus. Drooling. Nose drips in the morning. Leucorrhoea that is watery and clear, sometimes frothy. All watery or frothy discharges.

Face Signs:

The following face signs call for No. 9: Delicate, frail, pale, death-like appearance. Cold sores. Whiskers fall out in patches.

Headaches:

The following headaches call for No. 9: Those with a dry sensation such as hay fever headaches. Head feels excessively dry inside before and after menses; after walking; with drowsiness; from constipation; much saliva in the mouth; tears, or clear vomit. Begins in the morning and lasts till noon; comes with a frothy tongue; bubbles on the tongue; follows exposure to the heat of the sun.

Mental Signs:

Drowsy, falls asleep during conversation or at public meetings; demands much sleep but is not refreshed; sad, dejected, low spirits, tendency to brood over injured pride; worried about self; hot temper, easily loses self control from anger; talkative delirium; silent, depressed, gloomy, melancholy mood; seeks solitude, resents sympathy; a highly exhalted state of dancing and singing; weeping disposition.

Tongue:

The following tongue signs call for No. 9: Watery frothy,

bubbles along the edge, or sometimes excessively dry. Blisters on the tip. Perversion of the sense of taste; things taste unnatural.

Miscellaneous Signs:

Dry signs anywhere—nose, throat, mouth, tongue, bowels, vagina, etc. Unquenchable thirst; parched, dry lips; hangnails are a very common call for No. 9. All conditions that keep coming back at a certain time each day, or year, etc., periodical recurrence we say—these are the signs of No. 9. Sneezing; burning after urination; menses delayed with headache; menses with headache; itching on the scalp; dry hacking cough; cough with tickling back of breast bone; cough when the head feels like bursting. Winter cough. Cough with flow of tears and spurting of urine. Oversensitive to pressure. Cannot bear to be touched; watery blisters. Sleeps much but is not refreshed; feels tired and stupid in the morning.

Better:

In the evening or when lying on something hard.

Worse:

In the morning or cold weather, or in a salty atmosphere.

Mineral Food No. 10

Discharges:

Moist, creamy, golden yellow discharge from any organ or part of the body. Bowel discharge is yellow, and has a sour smell. Urine is too frequent, and too much is passed, and has a high color or is tea colored with a stale odor; sometimes flows by spurts. Leucorrhoea creamy or golden yellow, honey colored, sour smelling. Vomit of sour, curdled masses.

Face Signs:

Red blotches on the face. White around the nose and mouth.

Headache:

In the morning; on the crown of the head; with dizziness or nausea, skull feels too full; intense pressure headache; unsteady gait when walking.

Mental Signs:

Suspicious, scheming, selfish, hatred easily engendered, hot temper, fighting mood, quarrelsome, critical, envious, jealous, tendency to suicide, disheartened, all hope lost, grinds teeth during sleep, picks at the nose, sleepless from itching.

Tongue Signs:

Back part of the tongue is coated with a creamy, golden yellow substance sometimes extending to the tonsils or roof of the mouth, with a sour, acid-like taste, sometimes like copper.

Miscellaneous Signs:

Sour taste in the mouth; ears burn; one ear red or hot, itches or burns; breath smells sour; belch up sour acid risings from the stomach; picking the nose; itching or prickling; catarrh with creamy yellow discharge; eyes glued together in the morning. Any eye conditions with creamy golden yellow discharge. Nausea with acid conditions. Grinding teeth during sleep. Diarrhoea with much straining and constant urging. Itching at anus; frequent urination with inability to retain. Dribbling; stale smelling; female sterility due to acid secretions in the vagina; Acid Leucorrhoea; pimples resembling flee bites with itching; hives.

Worse:

All No. 10 conditions are worse during thunder storms.

Mineral Food No. 11

Discharge:

Thick, ropish, greenish, discharge from any organ, abscesses or any sore; sometimes dark green, almost black stools; hard knotty stools sometimes streaked with blood; difficult to expell soft stools; bilious looking; vomit dark green; bitter to the taste. Whenever pus changes color to green when exposed to the light. Brick dust in urine. Watery pus discharge in abscesses, cancers, etc. Expectoration yellowish, green and watery discharge from any organ abscess or any sore.

Face Signs:

Yellowish, jaundice color.

Headaches:

Ache down the back part of the head, usually with biliousness and dizziness. Burning sensation on top of the head. Gnawing at base of the brain. Surging, bursting sensations in the head. Scalp is sensitive.

Mental Signs:

Music is aggravating; drowsy in the day time. Tendency to suicide, wild and flighty mind, irritable and easily aggravated, feels discouraged, despondent, melancholy; mental conditions worse in the morning or damp weather; spasmodic attacks of delirium; anxious dreams, frequently recurring; dull, stupid, drowsy in the morning. Better in the evening. Mental troubles after injuries to the head. Hopeless, dejected spirits.

Tongue Signs:

Dirty, greenish, brown, or greenish gray, or grayish green, on back part of tongue, with slime.

Miscellaneous Signs:

Mouth full of tenacious slime which sometimes wells up into the mouth or throat. Bitter belching from the stomach. Bitter taste in the mouth. Yellow on the white portion of the eye ball, or yellow in the delicate skin close to the finger or toe nails. Earache in damp weather. Bells ringing in the ears. Eyes burn on the edges. Menses with chilly sensations or with morning diarrhoea. Dizzy or giddy sensations with feeling of pressure. Hands and feet twitch during sleep. Tired and weary feeling in the morning. Eczema with yellowish, watery secretions and bilious conditions; itching of skin while undressing. Cracked or stiffness of joints; such as knee, hip, wrist, etc. Must hold chest when coughing. Cough with "all gone" sensation in chest. Welling up of mucus in the throat. Burning of edge of eyelids, blisters on the lids; urine too scanty. Rushing of blood to the head. Sore throat with feeling of lump when swallowing. Bluish edge surrounding abscesses, carbuncles and other pus discharging centers, or any condition where the skin assumes a deep bluish tint.

Better:

In a dry atmosphere, and in the evening.

Worse:

In the morning; in damp weather; after eating fish or water plants, or water animals; or after working in the water; all No. 11 symptoms are worse during or after damp weather.

Mineral Food No. 12

Discharges:

Thick, mattery pus which sinks to the bottom of a vessel of water when expectorated from the throat. Catarrh with a thick, yellow, vile smelling discharge. The feces from the

bowels sink in water. Copious night sweats with prostration or weakness; often noticed in the last stages of wasting diseases. Foot sweats with an offensive odor. Sweaty discharge in the armpits. Profuse sweating about the head, especially in children. Acrid discharges. Acrid and itching leucorrhoea. Menses acrid, with icy cold sensations. Pus crusts in the nose.

Headache:

When the head feels heavy with pain it is No. 12. Sometimes the head rolls from one side to the other. Headache with sweat on the head. Headache when there is a tendency to fall on the left side. Headache when small lumps about the size of a pea appear on the scalp.

Mental Signs:

Ambitious but soon gives up. Builds air castles. Mind dull, slow to think, difficult to fix attention. Disgusted with life; obstinate disposition; absent minded.

Pain Signs:

Heavy, sinking, pulling pains call for No. 12. The parts feel heavy like lead. Arms and legs ache and are heavy to lift. Backache or pains in the abdomen when heavy or feel like lead.

Miscellaneous Signs:

Any disease or condition that is worse at night. Sweetish taste in the mouth; falling hair; splitting or breaking finger or toe nails; roaring sounds in the ears; itching on the tip of the nose; itching in the genitals; cracking of the skin; lumps on scalp; itching, or sweat on the head; cough caused by cold drinks; loose rattling cough; cough with tickling sensation deep in throat or windpipe; heavy sensation in stomach; toothache after chilling the feet; and conditions that follow chilling the feet or suppressed foot sweats. No. 12

is the chief Mineral deficiency in leprosy. Sty on the eyelid; nose sore with little boils around the edges. Very itchy. Tip of nose red.

Better:

Relieved by warm, moist, packs or by wrapping up the head.

Worse:

At night, or in the cold, open air, during full moon, or after chilling the feet.

PART II

The following reclassification of the Language of Nature calls previously given in Part 1 should only be used as a reference or guide. If you notice a discharge or any other sign and have forgotten its meaning, you can turn to this arrangement and locate what you want more conveniently than in pages of Part 1. Your best method of learning the Language of Nature will be to use Part 1, so that the calls become fixed in your mind by numbers 1 to 12. The following is intended only for reference:

Discharges

No. 1—The No. 1 discharge is a small yellow lump with an offensive smell. This may come from the nose, throat, eyes, ears, vagina, abscess, boil, carbuncle, or from any part of the body. It is not normal and always means that something is needed. Also, whenever bone splinters pass off from an abscess.

No. 2—The No. 2 discharge is ALBUMEN. It may come from the nose, throat, vagina, or from any organ or part of the body. Sometimes streaks of albumen are found in the feces discharged from the bowels. Dr. Bright first

discovered albumen in the urine—hence the name "Bright's Disease". Sometimes there is albumen in the discharge through the skin in eczema. When albumen is discharged from any organ, or part of the body, it never means too much albumen; it always means not enough No. 2. Whenever diarrhoea follows the eating of fruit, or when small pimples or eruptions occur at puberty or when there is frequent hawking and expectorating, or albuminous lucorrhoea, or vomit after cold water or ice cream; all are calls for No. 2.

No. 3—No. 3 is called for whenever there is a discharge of mattery pus mixed with blood, or bloody pus from a boil, abscess, ulcer, carbuncle, etc., are No. 3 discharges, a thick lumpy discharge.

No. 4.—All bright red blood discharges call for No. 4; also whenever the vomit contains undigested food, or bright red blood. A scant flow of urine with frequent desire, is No. 4. All menstrual conditions when painful, too frequent, delayed or suppressed—No. 4.

No. 5—When fibrin, which has the appearance of a thick, tough, stringy, opaque, white or grayish white substance, is passing from the nose, throat, vagina, or any other part or organ, it is a call for No. 5. Stuffy colds. The following discharges are all No. 5 calls: Dark red, or black, tar-like, blood discharge. The bowel discharge, pale, light colored feces. The skin discharge is flakes, white or gray, as scarlet fever or eczema. Dark, bloody crusts in the nose. Milky, thick, white or grayish white leucorrhoea. Menses when black, tar-like, clotted and lasts too long. Vomit of thick white phlegm. Too much urine, or dark colored.

No. 6—Whenever any of the following discharges are discovered, your body is calling for No. 6: Thin, watery,

bloody discharge which does not clot readily and is sometimes scalding or irritating. It may pass from the nose, vagina, or any organ or part of the body, or from an abscess, sore, boil, carbuncle, etc. Perspiration that has a strong fetid odor, so often noticed from nervous people. The bowel discharge is thin, watery, like rice water, sometimes noisy and sputtering with foul smelling gas, like something dead. The vomit is dark like coffee grounds. Belch up risings from the stomach, tasting like something dead. Gas from the stomach has a death smell. Unnatural, irregular menses that is deep red, thin, with strong fetid odor, accompanied by headache. Blood in the urine. Scalding, orange colored leucorrhoea.

No. 7—The No. 7 discharge is to be described as follows and, as before explained in other Minerals, this discharge means a deficiency of something: When the discharge feels oily, slimy or greasy or sometimes is thin or watery, and the color is greenish or yellowish green. When leucorrhoea has the above form with a sensation of fullness. When the mucous from the throat is as above described, and tough or stringy. A stuffy sensation in the nose with the above discharge. Hard, tight cough, when expectoration slips back and is sticky. Dandruff, when the flakes show a greenish or yellowish green color. If white or gray, No. 5. Usually the skin peeling discharge of scarlet fever is a No. 7.

No. 9—The following discharges are calls for No. 9: Water. Sometimes smarts, or bites, or has a salty taste or sensation. Watery, frothy mucus from any part or organ. Vomit is transparent, slimy, frothy. Dry catarrhal crusts in the nose. Menses are thin, pale watery. Hawking up of salty mucus. Drooling. Nose drips in the morning. Leucorrhoea that is watery and clear, sometimes frothy. All watery or frothy discharges.

No. 10—Moist, creamy, golden yellow, from any organ or part of the body. Bowel discharge is yellow, and has a sour smell. Urine is too frequent, and too much is passed, and has a high color or is tea colored with a stale odor; sometimes flows by spurts. Leucorrhoea creamy or golden yellow, honey colored, sour smelling. Vomit of sour, curdled masses.

No. 11—Thick ropish, greenish discharge from any organ abscess or any sore. Sometimes dark green, almost black stools. Hard knotty, sometimes streaked with blood. Difficult to expell soft stools. Billious looking; vomit dark green; bitter to the taste. Whenever pus changes color to green when exposed to the light. Brick dust in urine. Watery pus discharged in abscess, cancers, etc. Expectoration yellowish green and watery.

No. 12—Thick mattery pus which sinks to the bottom of a vessel of water when expectorated from the throat. Catarrh with a thick, yellow, vile smelling discharge. The feces from the bowels sinks in water. Copious night sweats with prostration or weakness, often noticed in the last stages of wasting diseases. Foot sweats with an offensive odor. Sweaty discharge in the armpits. Profuse sweating about the head especially in children. Acrid discharges. Acrid and itching leucorrhoea. Menses acrid, with icy cold sensations and offensive foot sweats. Pus crusts in the nose.

Face Signs

No. 1—Muscles of the face sag with drooping lines.

No. 2—No. 2 is needed when one's face has the following appearance: Greenish white, sallow, dirty looking face, freckles, greasy looking. Feels cold, clammy and numb.

No. 3—Mattery pimples on the face or tender pimples under the hair.

No. 4—Cheeks hot or red.

No. 5—Worried look. Eyes stand out with an appealing, distressed expression. Dark brown circles under the eyes. Granulated eyelids with feeling of sand. Excited appearance in the face.

No. 6—The following face signs call for No. 6: Blackish, bluish, lead or livid colored, hollow eyed, sunken eyed, dilated pupils, distorted, sunken wearied appearance, sweating of face at meals.

No. 9—The following face signs call for No. 9: Has a delicate, frail, pale, death-like appearance. Cold sores. Whiskers fall out in patches.

No. 10—Red blotches on the face. White around the nose and mouth.

No. 11—Yellowish, jaundice color.

Headaches

No. 4—Whenever a headache is as follows, it is always nature's method of calling for No. 4: Congestive, blind headache with flushed face accompanied by redness of eyes or face; head sore to the touch; throbbing, hammering sensations, following mental exertion; worse when rising from stooping position; when relieved by cold applications; feels like a nail driven over eyes; heavy on top; worse on right side of the head; in temples or over the eyes.

No. 6—The following types of headaches should tell you your body is calling for No. 6: Headaches when accompanied by despondency, or prostration, or exhaustion, or with an empty, all gone feeling in the stomach; sensitive to noises, stretching or yawning; better after eating or in cheerful

company. Headaches at the back part of the head or base of brain.

No. 8—Excruciating, shooting, bursting, stinging, coming on with a rushing sudden attack, sometimes extending to the spine. Such headaches are calls for No. 8.

No. 9—The following headaches are calls for No. 9: Those with a dry sensation, such as hay fever headaches. Head feels excessively dry inside; before and after menses; after walking; with drowsiness; from constipation; much saliva in the mouth; tears or clear vomit. Begins in the morning and lasts till noon; comes with a frothy tongue; bubbles on the tongue; follows exposure to the heat of the sun.

No. 10—In the morning on the crown, skull feels too full, intense feeling of pressure with the headache with dizziness or nausea, or unsteady gait when walking.

No. 11—Ache down the back part of the head, usually with biliousness and dizziness. Burning sensation on top of the head. Gnawing at base of the brain. Surging, bursting sensations in the head. Scalp is sensitive.

No. 12—When the head feels heavy with pain it is No. 12. Sometimes the head rolls from one side to the other. Headache with sweat on the head. Headache when there is a tendency to fall on the left side. Headache when small lumps about the size of a pea appear on the scalp.

Mental Signs

No. 1—Imaginary fears. No. 1 victims think someone is trying to harm them. They fear financial or social ruin. They have dreams of impending danger which are groundless. They have great mental depressions. They become bewildered when they attempt to make decisions.

No. 2—The following mental conditions call for No. 2: In-

voluntary sighing, irritability in small children, inability to concentrate, mind wanders, dull, stupid, depressed, desire to be alone, resents consolation, tendency to impure sex thoughts, sleeplessness, poor memory, old people who are drowsy, young people who are hard to awaken in the morning, peevish, fretful, irritable children.

No. 3—Changeable moods, making many conflicting decisions. Discontented with occupation, making many changes. Moves from one house to another. Full of fears, perplexities and anxieties. Drowsy in the afternoon and sleepless at night. Cannot stick to anything. Mind wanders, no perseverance.

No. 6—These signs are very important for this is the chief No. 6 function. Whenever any of the following mental conditions prevail, your body is in need of No. 6: Moaning in sleep; crying moods; sheds tears easily; cross, fretful children; screaming in sleep; nervous dread; shrinks from company; bashful; pessimistic; sees unreal things; blushes easily; despondency; "makes mountains out of mole-hills"; worries over nothing, absent minded; after effects of grief; disappointment; anger; fright; low muttering delirium; avoids conversation; noise is distressing; lack of energy; subject to false impressions; forgetful; gloomy; grasps at imaginary objects; hallucinations; haunted by visions of the past; hears unreal things at night; homesickness; hysteria from sudden emotion; impatient; night terrors in children; omits letters or words in writing or speaking; dreams; sleeplessness from excitement; sorrow; worry; slow comprehension; wandering mind; whining moods.

No. 8—Whenever the following mental characteristics prevail, it means that the body needs No. 8: Carries things from place to place; lamenting mood; unreal sensations;

illusions; nightmares; sees things unreal; a vivid but unreal sense of danger; sleeplessness; sobbing disposition; talks to himself.

No. 9—Drowsy, falls asleep during conversation or at public meetings; demands much sleep but is not refreshed; sad, dejected, low spirits, tendency to brood over injured pride; worried about self; hot temper; easily loses self control from anger; talkative delirium; silent, depressed, gloomy, melancholy mood; seeks solitude; resents sympathy; a highly exhalted state of dancing and singing; weeping disposition.

No. 10—Suspicious, scheming, selfish, hatred easily engendered, hot temper, fighting mood, quarrelsome, critical, envious, jealous, tendency to suicide, disheartened, all hope lost, grinds teeth during sleep, picks at the nose, sleepless from itching.

No. 11—Music is aggravating; drowsy in the day time. Anxious dreams frequently recurring; dull; stupid; drowsy in the morning; better in the evening; mental troubles after injuries to the head; hopeless, dejected spirits; tendency to suicide; wild and flighty mind; irritable and easily aggravated, feels discouraged, despondent, melancholia; worse in the morning or damp weather; attacks of delirium.

No. 12—Ambitious but soon gives up. Builds air castles. Mind dull, slow to think, difficult to fix attention. Disgusted with life; obstinate disposition; absent minded.

Miscellaneous Signs

No. 1—Flabby muscular conditions anywhere in the body. Flesh is flabby all over the body. Soft, flabby swellings anywhere, such as tumors, rupture, piles, etc. Soft, flabby, or enlarged tonsils. Gums soft and flabby, reced-

ing from the teeth, leaving them loose in the sockets. Enamel on the teeth is rough and uneven. Hard, horny, chapped hands. Chapped lips or cracked skin. When any condition is better after rubbing No. 1 is called for. The soft palate drops down because it is flabby. Curvature of the spine is due to the muscles being flabby on one side. Joints such as the hip, wrist, knee, ankles, etc., slip out of place or become easily dislocated because of flabby muscles and ligaments. Weak ankles, broken arches, flat foot, etc., because of flabby tissues. Cataract on the eye, blurred vision after straining.

No. 2—The following signs should tell the student of a need for No. 2: Any and all chronic coughs; when menstruation is preceded by sexual desire or occurs during the nursing period; women who decline during pregnancy or after childbirth; pale, colorless gums; bow-legs in children; hoarse, rasping voice, or constant hemming and scraping when speaking; dizziness in old age or when walking; pimples on the tongue; too much urine; catches cold easily. Stunted growth; cold clammy sweat.

No. 3—Ulcerations on the teeth, gums bleed, sick at stomach and dizzy at same time, craving sour food; all ulcerations; all chronic inflammations that have passed the No. 5 stage, alternate with No. 4; burning of soles of the feet; hip joint disease in chronic stage; bone ulcers with pus.

No. 4—Any of the following signs should be understood as calls from the body for No. 4: The first need at the beginning of all coughs, colds, fevers, and any other acute condition. Dizziness, with rush of blood to the head; all fevers and inflammations; congestions; stoppages; uneasiness; belching taste of food; eyes blood shot; painful when attempting to use or move them; cough when

sharp; acute; hands hot, swollen, or painful; hoarseness and huskiness of speakers and singers; always the first need in mechanical injuries such as cuts, bruises, burns and other accidental injuries.

No. 5—Tonsils coated white or grayish, membrane in the throat that is white or grayish white. Nausea after eating rich pastries or fatty foods. Difficult expectoration following cough; croupy cough or deep, barking stomach cough; hawking of thick, white or dark gray mucus; ear ache with swollen glands, tonsils, or eustachian tubes, deafness with cracking noises when swallowing or blowing the nose; noises in the ear like snapping or cracking; belching of food with a fatty, greasy, sickening taste; fatty food or pastry causes pain in the stomach; vomit of greasy food or of dark clotted blood; stools light pale color; straining at stool with great pain extorting out cries. Unfortunate after effects of vaccination.

No. 6—Sight grows dim when weary; deafness from lack of nervous perception; noises are confusing; unable to hear when there are conflicting sounds; teeth chatter from nervousness; foul smelling breath, like something dead; better in cheerful company, or after eating; stumbles easily; drops things frequently; sudden dizzy spells that pass away; dizzy when looking up; fainting spells; slow, indistinct, difficult speech; easily fatigued; brown deposits on the teeth; teeth chatter; bleeding gums; gangrene; all malignant conditions; atrophy or shrinking of parts; debility or loss of sex function; women who have strong sex desire after menses; feeble, ineffectual, tedious or false labor pains in child birth; tendency to miscarriage, irregular menstruation, too late, scanty or profuse, deep blackish red, thin not clotting with offensive odor, hysteria at periods, discharge scalding.

No. 7—Drowsy in the afternoon or in a warm room; the skin is hot and dry in the afternoon or evening; passages of gas from the bowels have the smell of sulphur; lips peel off; gas in the stomach with a feeling of pressure; little bald spots on the head (not general baldness); gums have a pale color.

No. 8—Involuntary conditions of all sorts are calls for No. 8. Involuntary dribbling of the urine; bed wetting children; hiccough; shaking of the head, hands, legs, etc. All cramps anywhere; convulsive spasmodic coughs; coughs that are worse when lying down or when there is no expectoration or when the expectoration is flooding or gushing; shrill sounding coughs; clenched fists; fingers that shut tight; contortion of limbs; or convulsions of all sorts; voice sounds shrill or harsh with sudden outbursts; stammering or stuttering; profuse gushing, flooding, leucorrhoea; copious, excessive, or flooding menses; belching of stomach gas that is tasteless, or sometimes burning hot; stools expelled with explosive force; spasmodic or ineffectual labor pains in childbirth; sudden sneezing or coughing without warning.

No. 9—Dry signs anywhere—nose, throat, mouth, tongue, bowels, vagina, etc.; unquenchable thirst; parched, dry lips; hangnails are a very common call for No. 9; all conditions that return at a certain time each day or periodical recurrence we say—sneezing; burning after urination; menses delayed with headache; menses with headache; itching on the scalp; dry hacking cough, cough with tickling back of breast bone; cough when the head feels like bursting; winter cough with flow of tears or spurting of urine; oversensitive to pressure; cannot bear to be touched; watery blisters; sleeps much but is not refreshed; feels tired and stupid in the morning.

No. 10—Eyes glued together in the morning; sour taste in the mouth; ears burn or itch; one ear red or hot; breath smells sour; belch up sour acid risings from the stomach; nausea with acid conditions; picking at the nose; itching or prickling catarrh with creamy yellow golden discharge; grinding of teeth during sleep; diarrhoea with much straining and constant urging at the stool; itching at annus; frequent urination; unable to retain; dribbling; stale smelling; female sterility due to acid secretions in vagina; acid leucorrhoea; pimples like flea bites with itching; hives.

No. 11—Mouth full of tenacious slime which sometimes wells up into the mouth or throat; bitter belching from the stomach; bitter taste in the mouth; yellow on the white portion of the eye ball, or yellow on the delicate skin close to the finger nails or toe nails; earache in damp weather; bells ringing in the ears; eyes burn on the edges; menses with chilly sensations or with morning diarrhoea; dizzy or giddy sensations with feeling of pressure; hands or feet twitch during sleep; tired feeling in the morning; eczema with yellowish watery secretions and bilious conditions; itching of skin while undressing; cracking or stiffness of the joints as knee, hip, wrist, etc.; must hold chest when coughing; all gone sensation in the chest; welling up of mucus in the throat; burning on edge of eyelids; blisters on the lids; urine too scanty; surging sensation of blood to the head; sore throat with feeling of lump when swallowing; bluish edge surrounding abscesses, carbuncles or other pus discharging centers or any condition where the skin assumes a deep bluish tint.

No. 12—Sweetish taste in the mouth; falling hair; splitting or breaking finger or toe nails; roaring sounds in the

ears; itching on the top of the nose; roaring sounds in the ears; itching on the tip of the nose; itching in the genitals; cracking of the skin; heavy headache; feels like lead; migraine; lumps on scalp; itching or sweat on the head; tendency to fall on the left side; cough caused by cold drinks; loose rattling cough; cough with tickling sensation deep in throat or windpipe; heavy sensation in stomach; toothache after chilling the feet and conditions that follow or suppressed foot sweats. No. 12 is the chief Mineral deficiency in leprosy; sty on the eyelid; nose sore with little boils around the edges; excessive itching; tip of the nose red.

Pains

No. 1—When the need for No. 1 becomes great the body puts out a distress signal in the form of a pain which we describe as a dragging, sagging, bearing down pain, sometimes having a burning sensation.

No. 2—The following pains indicate a desperate need in the body for Mineral Food No. 2: Creeping, crawling, grinding, tearing, slithering pains; whenever the bones in any part of the body ache; all pains that are worse at night, or in cold or changeable weather, or in the open air or when the window is open or after exposure to moisture; headaches when the head feels too full, school girls who have headaches; labor-like pains before menses; tingling toothache; tonsils hurt when mouth is open; eyeballs ache; headache with cold feeling in the head; head feels cold to the touch; head feels tight.

No. 4—Whenever pain has the following characteristics, the body is calling for No. 4: Throbbing, beating, pounding, hammering, inflammatory pains. Tender or sore on pressure is an unfailing test for No. 4. Pains from burns,

scalds, cuts, wounds, any and all mechanical injuries, earache, toothache, etc.; toothache caused by warm or hot drinks, or better after cold drinks.

No. 5—Headache with a thick white coating on the tongue; sick headache with sluggish liver or lack of bile and constipation; face ache with swelling of cheeks, gums; toothache with swellings; No. 5 pains are accompanied with swollen parts or worse with movements such as rheumatism with swellings that are worse on movement.

No. 6—The following pains mean that your body needs No. 6: Lame pains, parts not paralyzed, but feel powerless to move; pains that are worse when you first move, but get better after brief exercise, but worse again when weary.

No. 7—The following pains call for No. 7: Shifting pains changing from one part of the body to another; sharp, cutting, stitching pains, usually worse in a warm room or better in the open air; headache when worse in warm room or better in open air; all headaches that get worse or begin in the evening; toothache that is shifting in its nature or has the above characteristics.

No. 8—True neuralgia; all spasmodic, cutting, boring, stinging, darting, shooting, cramping, lightning-like, excruciating pains. Pains that are worse in the cold, open air, or better in a warm room; pains that are worse after cold drinks or better after hot drinks, or worse on cold applications, but better after hot applications, or that are better by pressure on the parts, or by rubbing, are No. 8 pains. Excruciating or colic pains in menstruation; spasmodic or false labor in childbirth; gums sensitive to hot and cold drinks or food; toothache on going to bed, or after drinking cold drinks, and eating cold food, such as ice cream, but better after hot brinks or food. Toothache with involuntary flow of tears; cutting pains after

urination; face pains that are worse after going to bed; all abdominal pains that are better when bending double.

No. 12—The following pains are No. 12: Heavy, sinking, pulling, feels like lead; headache with heavy feeling, (migraine); arms and legs ache with a heavy sensation, not draging, saging, bearing down as No. 1, but pulling, drawing, sinking pains.

Sensations

No. 1—The following sensations call for No. 1: Tired, languid, or lazy feelings; no pep or energy; difficult to go upstairs; young folks who throw themselves down on the couch and complain of being tired; cannot resist the desire to sit down; called lazy by home folks; sensation of weariness in the arms or legs; whenever there is a general downward disposition or a constant desire for relaxation; flickering sensation in the eyes; tickling sensation in the throat causing cough.

No. 2—The following sensations indicate a need in the body for No. 2: Tip of nose cold; cold, numb, quivering, creeping, crawling, slithering sensations; a feeling of ants creeping over the body, or worms crawling inside; cold hands or feet; or sensation we call being asleep; tingling or throbbing sensations in the sex organs; voluptuous feelings; tingling toothache; disgusting taste in the mouth; back feels cold along the spine; sensation of cold water running on the body; tongue feels numb. Eyes sensitive to artificial light.

No. 6—The following sensations mean that you need No. 6: Itching in the afternoon or evening; hunger after eating; constant yawning or stretching; bruised feeling anywhere or all over the body; empty, all gone feeling in the stomach; feeling of weight in the back part of the head;

palpitation or fluttering heart; burning on soles of feet; constant desire to swallow; lump or ball in throat.

No. 7—A feeling of suffocation or a desire for the open air. A nauseated feeling accompanied with dizziness.

No. 8—Feeling of band around the body; mouth feels puckered, drawn, or hot on the tongue or roof of the mouth; eyes itch; colors before the eyes; eyelids droop; dim sight; sensitive to daylight; pupil contracted; sees sparks; squinting; buzzing in the ears; choking-up sensation; unreal burning sensations; gas in the stomach or bowels with a bursting sensation and tight drawn constricted sensation; trembling sensation; loss of the touch, taste, smell, etc.

Tongue Signs

No. 1—Cracked or hardened; chronic swelling.

No. 4—When the tongue is red, bright red (strawberry or cherry red but not like raw meat) No. 4 is badly needed in the body. This peculiar condition is a sign usually associated with an emergency that becomes desperate. No. 4 should then be used in "Special Stock".

No. 5—White or grayish white coating; swollen tongue is No. 5.

No. 6—Dull, brown, like mustard; dry in the morning; sticks to the roof of the mouth; dark brown taste; edges of tongue are red and sore.

No. 7—Tongue is light yellow and slimy, greasy feeling at the base with an insipid sickening taste in the mouth.

No. 8—When the tongue looks like it was raw or raw meat, it is a very urgent call for No. 8. When the tongue is drawn out of shape, or unsteady, but is clean and dry.

No. 9—The following tongue signs call for No. 9: Watery frothy bubbles along the edge, or sometimes excessively

dry. blisters on the tip; perversion of the sense of taste; things taste unnatural.

No. 10—Back part of the tongue is coated with what looks creamy, golden yellow substance; sometimes extending to the tonsils or roof of the mouth, with a sour, acid-like taste; sometimes like copper.

No. 11—Dirty, greenish brown, or greenish gray, or grayish green on the back part of the tongue with slime.

Better

No. 1—When any condition is better after rubbing, or whenever hard lumpy, calloused swellings are better after cold applications.

No. 2—No. 2 is always called for whenever any condition is better in a warm room, in fair, pleasant weather, in the daytime, when lying down, or while resting.

No. 4—When cold applications are used, or in the cold, open air.

No. 5—Any condition that is better when cold applications are used, is a No. 5 call.

No. 6—All conditions are better in cheerful company or at a cheerful entertainment, or in happy pleasant surroundings, or when eating agreeable food.

No. 7—No. 7 conditions are better in the cool, open air, in cold weather or in the winter time, and it is the No. 7 person who impatiently demands fresh air. All conditions when sick people fight for open air are No. 7 calls.

No. 8—No. 8 conditions are better after taking hot drinks or hot applications, and are better in a warm room and are better in warm weather—hence have a general desire for things warm.

No. 9—Better in the evening or when lying on something hard.

No. 11—Better in a dry atmosphere and in the evening.
No. 12—Relieved by warm, moist packs or by wrapping up the head.

Worse

No. 2—No. 2 is always called for whenever any condition is worse in a cold room, a cold climate, in cold weather, in the open air, by an open window, in changeable weather, from getting wet, or at night time.
No. 4—Worse after rubbing or irritation.
No. 5—When movement makes the parts affected worse, No. 5 is needed; all stomach and bowel conditions when worse after eating fats or pastries.
No. 6—All No. 6 conditions get worse when first arising from a reclining or sitting position, after hard or prolonged exercise, when alone, or in unpleasant or unhappy surroundings; aggravated by noises.
No. 7—Worse when in a warm room, or when the windows are closed, or in the afternoon or evening, or in the summer time. No. 7 would, therefore, be important in hay-fever or summer asthma and is the deficiency in those persons who suffer in hot weather and must go to the mountains. Those who complain of the climate or must go to some other place to live are sick. Anyone can live anywhere and enjoy the climate of any country if they are well, and to change climate never really makes any one well unless the body is supplied with the mineral content which is necessary to good health.
No. 8—No. 8 conditions are worse by reason of all things cold, such as cold air, cold water, cold drinks, cold applications, etc.
No. 9—In the morning or cold weather, or in a salty atmosphere.

No. 10—All No. 10 conditions are worse during thunder storms.

No. 11—In the morning; in damp weather; after eating fish or water plants, or water animals; or after working in water; or when lying on the left side.

No. 12—Worse at night or in the cold open air, during full moon, or after chilling the feet.

Swellings

No. 1—When soft, like tumors, or hard, like bone, No. 1 is the call. Hard knots in mothers' breasts; swollen glands either stony hard or like tumors. Whenever hard, lumpy calloused swellings are better after cold applications, No. 1 is called for.

No. 5—Swellings anywhere with inflammation (Not dropsical, or soft tumors, or hard bone-like swellings.) Inflammation is a good test of No. 5 swellings. Glands, when enlarged or swollen, especially when sore or inflamed. Bunions, chilblains, toothache with swollen cheeks. All inflamed swellings of any part or organ; the chief Mineral Food in gonorrhoea, bubo, chronic syphilis and chancres.

APPENDIX

IMPORTANT TO STUDENTS

You will find below a list of conditions alphabetically classified according to the different organs, functions, and parts of the body. This arrangement will be useful if rightly practiced. The best results cannot be obtained by Mineral Food without taking the whole body into account. If you use the alphabetical classification given below as a means of treating certain diseases or regions of the body, you will not get the best results, for you must deal with the entire body.

There is, however, a way of successfully using the following appendix. As an illustration: Suppose you notice below the item of "belching with taste of food" and the Numbers 1 and 4 are indicated; if you follow that, you miss the real intention of this method. It would be wrong to use both of these Numbers on that one sign. If you were to commence using No. 1, just on that one item which you thought applied to you, it might be a mistake. It would do no harm, but you might not get the best results. There might be other Mineral Food needs more urgent than this particular call. But if you will turn to the Language of Nature and check all of your calls on these Numbers then you will find your main Mineral deficiency.

Use this appendix as a means of guiding you to the correct place to check over your Language of Nature and find out which you need most, according to the signs of your body. By doing this day after day, you will learn to respond quickly to all of your needs according to the Language of Nature. You will then be pursuing the proper course.

Remember, this appendix is not intended as a means of treating your disease, or any particular parts of your body. If you do not use it as a guide to your Language of Nature, you are not going to get the best results. Your Language of Nature is always to be your chief guide. If you use it as a substitute for your Language of Nature and stop using your Language of Nature, you will never attain the highest Mineral Food success. This cannot be urged too strongly. Therefore, read this explanatory heading carefully until you understand and do not forget. If you do this and then use this appendix wisely, it will be of great service to you.

Abdomen

BELCHING:
With taste of food....1, 4
When it gives no relief in colic 8
With acid or burning sensation 10
With taste of decay or dead matter 6

BLOATED 6, 7, 8
In bilious fever....4, 11

CATARRH: Intestinal....2, 5

CHILDREN: Draw up legs in colic 8
Large abdomen in children.. 12

CHOLERA 4, 6, 7
Infantum 2, 4

COLIC:
At every attempt to eat.... 2
Begins in right groin....11
Better bending double.... 8
Better by rubbing and warmth 8
Crampy 8
From worms....10, 12
Lead 6, 11
Naval 8
Of children....2, 8, 10
With belching 8

CRAMPS 8
Cutting pains in abdomen.... ....4, 8, 11

GAS FORMATIONS..6, 7, 8, 10, 11

GALL STONES:
Prevention 2
Spasms 8
Sharp, cutting pains.... 8
To dissolve....11

GLANDS:
In groin enlarged....5, 12
In aabdomen enlarged....2, 5

INFLAMMATIONS:
In abdomen (peritonitis)..4, 5, 7

INTESTINAL:
Fever 2, 4, 5, 6, 7
Ulcers 3

LIVER:
Congestion 11
Hardening 1, 10, 11
Sharp stitching pains....8, 11
Sluggish 5
Sore to touch....4, 11
Torpid 5

NAVAL:
Empty feeling about.... 2
Sunken, wasted appearance..2, 9

PAINS:
About abdominal region..4, 8, 9
About liver and spleen..4, 6, 8, 9
About naval causes crying..2, 8
About right groin....4, 10

PAINFUL:
Straining to urinate.... 6

RUPTURE: 1, 2
Inflamed 4

SPLEEN TROUBLES: 6
Pains in 6, 9

SUNKEN: 2

WORMS: 2, 4, 5, 10

Arms, Legs and Back

ACHING:
Of limbs 2
Of shoulders 2
Between shoulder blades.... 6

ANKLES:
Feel as if dislocated.... 2
Pains in 4, 9, 12
Weak 1

ARMS:
Feel heavy 12
Tired 1, 6
BACK:
Asleep sensation 2
Boring-in pain 8
Carbuncles on 3, 4, 12
Crick in 4, 8, 9
Feels cold 9
Neuralgia pains in 7, 8
Pains low down 1, 12
Relieved by motion 6
Worse by motion when weary 6
With dull, dry feeling 9
With dull, pulling, heavy feeling 12
Rheumatic pains 2, 4, 10
Soreness in 4, 11
Spasms in 8, 11
Weak feeling in 10
Weak, lame feeling 6, 9
BACKACHE:
Better by motion 1, 6
Better in open air 7
Better when lying on something hard 9
Extending to nape of neck 12
Worse after exercising 4, 6
Worse by motion 4, 12
Worse in warm room 7
BLISTERS:
On fingers or toes 9
BONY growths on fingers 1
BONES:
Soft, brittle and easily broken 2
Ulceration on bones 1, 2, 3, 12
BOWLEGS in children 2
BROKEN ARCHES 1
BRUISED
Feeling all over 6
Pains in back 11
BUNIONS: 5
BURNING on soles of feet 3, 6, 8, 9
BUTTOCKS asleep 2, 6
CALVES:
Cramps in 2, 8
Weakness in 9
CARBUNCLES ON BACK 3, 4, 12
After discharge begins 3
Inflammation 4
To hasten discharge of pus 12
CHILBLAINS: 5, 6
CHRONIC SWELLINGS:
Of hands or feet 5
Of legs 2, 5
COLD hands or feet 2
COLD WATER feeling of being poured over limbs 2
COLDNESS of back and extremities 9
COCCYX (TAIL BONE):
Hurts after sitting or riding 12
CONVULSIONS:
With clinched fingers 2, 8
Stiffening of arms or legs 8
CRACKING OF JOINTS 9
Tendons 4, 5
CRAMPS: 2, 8
In hands from writing 2, 8, 10
CRICK:
In back 4, 8, 9
In neck 9, 10
CURVATURE:
Of spine 1, 2
DECAY:
In bones 1, 2, 3, 12
DISCHARGE:
Bony splinters 1, 12
Dislocations easily induced 1
DISLOCATIONS: Easily induced 1
ELBOW joint swollen 1, 5, 9
ELECTRIC SHOCKS in limbs 8
ENLARGED JOINTS 1
EXCRUCIATING PAINS in joints 8

FEET:
Burn 6, 8
Cold by day, warm by night..10
Fall asleep 2, 6, 9
Feel fidgety 6
Itching of soles..... 3
Swell 5
Sweat, bad smelling..... 12
Tender, tired..... 2, 8
FELON..... 3, 4, 11, 12
FIDGETS 9
FINGER:
Joints enlarged..... 1, 9
Inflamed 4, 10
Itching blisters 9
Stiff 3, 11
GAIT: Unsteady..... 10
GOUT:
Acute 4, 10, 11
Chronic 2, 10, 11
Joints enlarged 1
Pains 2, 5, 9
Periodical attacks..... 9
Worse at night..... 2
HAMSTRINGS:
Sore 4, 10
Painful contractions..... 9
HANDS:
Blisters containing water..... 9
Cold 2, 9
Fall asleep..... 2, 6
Feel heavy 12
Get stiff..... 2, 5, 10
Hard and sore..... 1, 11
Palms hot..... 4
Shaking of 8
Skin dry and cracked....7, 9, 11
Spasms of..... 8
Swollen and painful..... 4, 5
Tremble 8, 11
Warts in palms..... 5, 9, 11
HANGNAILS 9
HIPS:
Pains in 6, 9
Stitches in..... 11
HIP JOINT disease....2, 3, 4, 5, 12
HOUSEMAID'S KNEE..... 2, 12
INFLAMMATION OF JOINTS
..... 4, 5, 7, 8, 10
INGROWING TOENAILS..4, 5, 12
ITCHING:
Bottom of feet..... 6, 12
Like insect bites..... 10
Of legs..... 5, 6
Palms 6
Toes 11
JERKING during sleep..... 8, 9
JOINTS:
Chronic rheumatism 2, 9
Cracking in..... 1, 9, 11
Dislocate easily..... 1
Gouty enlargements..... 1
Inflamed 4
Swelling 1, 5, 9
KNEES:
Inflamed 1, 4
Stiff 1, 12
Weakness 6, 9
LAMENESS:
From cold..... 2, 4, 8
Paralytic 6
LEGS:
Fall asleep 2, 6, 9
Feel heavy 12
Feel tired..... 1, 6
Give way while walking..... 10
Itch 5, 9, 10
Jerking 9, 8
Neuralgic pains..... 2, 7, 8
LOCOMOTOR ATAXIA .....
..... 2, 6, 8, 11, 12
LUMBAGO..... 1, 2, 4
MENINGITIS:
Spinal 11
MUSCULAR WEAKNESS..... 6
NAILS:
Break, brittle..... 7, 12
Pain at roots..... 2
NECK:
Pains in 7, 8
Shrunken muscles 2, 9
Stiff from cold..... 4, 9

NEURALGIC PAINS:
In limbs 7, 8
As if in bones 2
Better in cool, open air 7

NUMBNESS of limbs 2, 6, 9

PAINS IN BACK, ARMS, LEGS:
Acute 4, 8
Better by motion 6
Better in open air 7
Boring 8
Darting 7, 8
In shin bones 2, 10
Coccyx (tail bone) 2, 3, 12
Nnees 2, 10
Roots of finger nails 2
Soles of feet 6, 10
Wrists 10
Lightning-like 7, 8
Low down in back 1
Neuralgic 7, 8
Periodical 9
Rheumatic 2, 7, 10
Shifting 7
Shoulders 4, 12
Suddenly go to heart 8, 10
Through feet 12
Worse after motion 4, 5
In warm bed 5
In evening 7
In warm room 7
In hot weather 7
When rising 6, 9
At night 2, 12

PALMS OF HAND:
Hot 4
Itch 6
Raw and sore 11

PARALYTIC LAMENESS 6, 10

PROUD FLESH 3, 4, 5, 12

RHEUMATIC FEVER 4, 5

RHEUMATISM 2, 4, 5, 6, 7, 10, 12
Worse in changeable weather 2
By exertion 6
In fatigue 6
When cold 2
At night 2
In warm bed 7
In morning 6, 9
Better with gentle motion 6
In warm bed 4
In joints 2, 4, 5, 10
Chronic 2, 3, 5, 6, 7, 9, 10, 11, 12
Shifting about 2, 7
Violent pains in joints 1, 2, 8, 9
Muscular 2, 4, 7, 10
Swellings 1, 5. 9

SCIATICA 3, 4, 6, 8, 9, 11

SENSATION
Of ants creeping over parts .. 2
Insect bites 9, 10

SHIFTING PAINS 7

SLOW in learning to walk 2

SOLES:
Burn 3, 6, 8, 11
Drawing in 6, 8, 10
Itch 6, 12

SPINE:
Anemic 2, 9
Curvature 1, 2, 12
Over-sensitive 11, 9, 12
Softening of cord 6
Weakness 2, 6, 9, 10

STIFFNESS OF BODY 6, 8, 9
After rest 6
From cold 4

STIFFENING OF LIMBS 8

STIFF NECK 2, 4, 9

STRAINS: Of ligaments or tendons 4

STUMBLES easily 6

SWEAT of feet 12

THIGHS draw inside 10

TIRED FEELING in back 1

TOENAILS grow in 4, 5, 12

WARTS 5, 9, 11

WEAKNESS, general 1, 6, 9, 10

Bowels

AFTER STOOL: Torn, bleeding and smarting 9

ANUS:
- Abscesses about 3
- Blisters around 9
- Cracked 1, 2, 9, 12
- Itching at 1, 10
- Neuralgia of 2
- Rawness of 10
- Soreness of 4, 9, 10
- Wart-like eruptions on 11

BILIOUS evacuations 11

BLISTERS about anus 9

BOWELS:
- Loose in old people 11
- Pains in 10
- Sluggish 9
- Sulphur gas 7
- Troubles when eyeballs protrude 5
- When face is pale with anxious look 2, 4, 9

CONSTIPATION:
- Alternating with diarrhoea 9, 10
- From lack of moisture 9
- Inability to expel 1
- Infantile 2, 8
- Stools light color 5
- Stools dark brown 6
- With spinal diseases 12
- With furred tongue 5
- With piles 1, 9
- With hard stool in old people 2
- With heat in lower bowel 4

DIARRHOEA:
- After fatty foods 5
- Alternating with constipation 9, 10
- Bilious 11
- Caused by chill 4
- Caused by acid 10
- Caused by change of weather 2, 3
- Caused by fright 6
- Dark, bilious stool 11
- Explosive water discharge 6, 8
- Foul smelling gas 6, 12
- Frothy 9
- Green 2, 10, 11
- Infantile 2, 10, 12
- Like rice water 6
- Painless 6
- Pus-like or slimy 3
- Slimy 2, 3, 5, 7, 9
- Sour smelling 10
- Unable to control 6, 8, 9
- Undigested food 2, 4
- Wet weather 2, 11
- Worse from eating fruit 2
- With cramps in calves 8
- With depression and exhaustion 2, 6
- With jaundice 11
- With white stools 5

DYSENTERY:
- Blood and pus 3
- Feverish 4, 6, 10
- Pure blood 6
- Slimy 5
- Severe pains 8

FISTULA:
- Odor of sulphur from gas 7
- Offensive smell and noisy 2, 6
- On anus 2, 3, 12
- Vile odor 2, 12
- With swollen abdomen 5

FORCIBLE EXPULSION of stool 8

GAS from bowels:
- Bowel distress relieved by passing gas 8
- Fetid, dead smell 6
- Sulphur smell 7

GLANDS:
- In groin enlarged 12
- Stony, hard 1, 12
- Swollen, with feeling of fullness 5, 12

HEAT in lower bowels 11

INEFFECTUAL urging at stool....1, 7
INTESTINAL ULCERS....3
Fever....2, 4, 5, 6, 7
ITCHING at anus....1, 6, 9
Worse at night....2, 10
JAUNDICE:
After vexation....6, 11
Caused by chill....5
Stomach catarrh....2, 7
With diarrhoea....10
LARGE ABDOMEN in children..2
NEURALGIA of anus....2
PAINS:
Anus with abscess....3, 4
Bowels....2, 4, 8, 10
Lower part of abdomen....2
Relieved by pressure....8
Relieved by rubbing....8
Relieved by warmth....8
PARALYTIC rectum....6
PILES:
Beating pain....4, 9
Bleeding
Bright red....1, 4
Dark or black....1, 5
Blind....1, 7
Chronic....1, 2
Cutting like lightning....1, 8
Inflamed....1, 4
Intensely painful....1, 6, 8, 12
Internal....1, 7
Itching....1, 6
Oozing....1, 2
Smarting, burning, stinging....1, 6, 9
RAWNESS of anus....10
RECTUM:
Burns....6
Pain with every stool....8, 9
Scalding sensation....10
Smarts....9
Stitches in....8, 9
STOOLS:
Black....11
Bilious....11
Bloody....3, 4, 5, 6
Clay colored....5
Constant urging to stool....5
Copious....2, 4, 8
Creamy color....10
Crumbling....9
Dark....6, 11
Dead smell....6, 12
Difficult to expel when soft....9, 11
Difficult to retain....10
Dry....9
Foul, dead smell....6, 12
Frequent....10
Frothy, slimy....9
Green....2, 10, 11
Hard....2, 9, 11
Hot, sputtering....2
Inability to expel....1, 7
Jelly-like masses....10
Knotty....11
Light colored....5
Loose in morning....9, 11
Noisy....6, 8
Offensive
Deal smell....6, 12
Sulphur smell....7
Painful....4
Pale or colorless....5
Profuse....2
Pus in....2, 3
Recede when partly expelled..12
Rice water like....6
Shoot out with force....8
Scanty....10
Slimy
White or gray....5
Frothy....9
Greenish yellow....7
With blood streaks....3
With albumen....2
Sour smelling....10
Sputtering....2
Streaked with blood....3
Sudden....4, 10
Unable to retain....6, 8
Undigested food....4
Watery....9, 11
Yellow....7

SUMMER COMPLAINT, in children 2
WASTED CONDITIONS, in children at teething..... 2
WART-LIKE ERUPTIONS at anus.....1, 11

Brain Characteristics

ABSENT MINDED.....6, 12
AFTER EFFECTS of
Disappointment or grief.....2, 6
Fright 6
Vexation or anger.....6, 9
AMBITIONLESS 10
AMBITIOUS, but easily discouraged 3, 12
ANGRY 9
ANXIOUS about future..... 2
ANXIETY 2, 6, 10
APPREHENSION 6, 9, 10
ATTENTION difficult to fix.....12
BETTER:
In cheerful company..... 6
After sleep..... 4
BLUSHES easily..... 6
BRAIN FAG, mental overwork 2, 6, 9, 12
CARRIES THINGS from place to place 8
CHILDREN peevish, fretful, stupid, slow.....2, 6
CHANGEABLE mood.....3, 6
CRYING mood..... 6
DEJECTED spirit..... 9
DELIRIUM:
In general.....4, 6, 9
Extremely talkative.....8, 9
Low muttering 6
Talkative 4, 9
Tremens 4, 6, 9
Wandering 9
DEPRESSED mood, silent 1, 3, 6, 9
DESPAIRS of getting well.....11
DESPONDENCY about business 6
DIFFICULTY of thought.....12
DISAPPOINTMENT: After effects 2, 6
DISGUSTED with life.....12
DISHEARTENED, loss of spirit.....11
DISINCLINED:
To conversation..... 6
To mix with people..... 6
DREAD:
Nervous 6
Of noises 6, 12
DULLNESS of thought 6, 8, 10, 12
ENERGY, want of..... 6
EXCITEMENT, nervous..... 6
FAINTING tendency..... 6
FALSE IMPRESSIONS.....6, 10
FANCIES, subject to..... 6
FEAR OF FALLING....2, 6, 7, 8
FEARFULNESS 6
Financial ruin.....1, 6
FEEBLE minded children.....2, 6
FORGETFULNESS 2, 6
GLOOMY MOODS.....6, 9
HALLUCINATIONS 6, 10
HAUNTED by visions of the past..... 6
HOMESICKNESS 6
HOPELESS about future..... 9
HYSTERIA from sudden emotions 6
ILLUSIONS 6, 8
IMAGINARY objects, grasps at..... 6
IMPAIRED MEMORY 2

IMPATIENCE 6
INCLINED:
To dance and sing..... 9
Tendency extreme 8, 9
INDIFFERENT to ordinary matters 4
INDECISION 1, 6
INSANITY 4, 6, 12
IRRITABILITY....2, 6, 10, 11, 12
LAMENTING tendency..... 8
LONGS for past visions..... 6
LOOKS on dark side of everything..... 6
LOSS:
Of consciousness sudden..... 3
Memory 2, 6
MANIA 4, 6
In pregnancy 6
MELANCHOLY MOOD.....6, 11
At puberty 9
MENTAL:
Anxiety 2
Derangements 6
From injuries 4, 6, 11
Unable to sustain mental effort..... 2
MEMORY, loss of.....2, 6, 8
Mind over-strained.....6, 12
MOOD, changeable..... 3
Crying 6
Depressed, gloomy.....6, 9
Hysterical 6
Lamenting 8
Maniacal 4, 8, 9
Resents being disturbed..... 3
Unpleasant 2, 6
MUSIC:
Aggravated by.....11
Solemn, serious or melancholy.....11
NERVOUS dread 6
NIGHT terrors in children..... 6
NOISE, over-sensitive to..5, 6, 12
OMITS letters or words in writing..... 6
PAST VISIONS, haunt..... 6
PASSIONATE OUTBURSTS.. 9
PEEVISHNESS in children..... 2
RAMBLING talk 8, 9
SCREAMING 6, 8
SEEKS to be alone..... 9
SENSES, illusions of 6, 8
SENSATIONS, unreal..... 8
SENSITIVENESS 6, 12
SHYNESS 6
SIGHING, involuntary.....6, 9
SLEEP AND DREAMS:
Awakes screaming..... 6
Children cry out during sleep 2, 6
Constant stretching and yawning 2, 6
Constant desire to sleep..... 9
In morning..... 6
Dreams anxious.....4, 9, 11
Heavy 11
Lascivious 6
Of convulsions from fright..6, 8
Falling 6
Fire 6
Ghosts 6
New scenes, places, etc... 1
Of impending danger..... 1
Sexual 10
Vivid 7, 8
With sense of danger.....1, 8
Drowsy 9, 10, 11
In afternoon 4, 7
Old people..... 2
Excessive sleep not restful.... 9
Falls asleep while sitting..... 9
Feels tired in morning..... 9
Grinds teeth during sleep.....10
Hard to awaken in morning.. 2
Insomnia 1, 6, 7, 9, 11
From exhaustion..... 8
Jerking of limbs during sleep 8, 9
Picks nose in sleep.....10
Sleep excessive..... 9
Restless 4, 9, 10, 11

SLEEP AND DREAMS:
- Unrefreshing 9
- Sleeplessness after worry..... 6
- Excitement 6
- From business worry..... 6
- Exhaustion 8
- Itching 10
- Nervous irritation..... 6, 9

Starting during sleep..... 8, 9
Twitching of muscles in falling asleep 8
SLOW comprehension..... 6, 9
SOBBINGS 8
STUPOR in acute diseases..... 6, 9
STUPID 2
SUDDEN emotions..... 6
SUICIDAL tendency..... 6, 11
SUSPICIOUS 10
SYMPATHY, resents..... 9

TALKS:
- To self..... 8
- Rambling 6
- While asleep..... 6

TALKATIVE, very..... 8, 9
THOUGHT is difficult..... 12
TIRED of life..... 12
USES wrong words in writing or speaking..... 6
WANDERING mind..... 6
WANT OF ENERGY..... 6
WEEPING disposition 9
WHINING 6

Ear Characteristics

ACHING around bones..... 1, 2
BELLS ringing in..... 11
BURNING of 9, 10
BUZZING in 6, 8
CATARRH of
- Eustachian tube..... 5, 7, 9
- Inner ear..... 5, 7, 9

COLD feeling 2
CONFUSION of sound..... 6
CRACKLING when swallowing or blowing nose..... 5
DAMP weather earache..... 11
DEAFNESS from
- Inflammatory conditions..... 4
- Catarrh 3, 5, 7, 12
- From lack of preception..... 6
- Singing noises in the head..5, 9
- Swollen glands..... 5
- Inner ear..... 3, 7, 9, 12

Worse in a warm room..... 7
DISCHARGES:
- Better by hot applications..4, 8
- Bloody pus 3
- Filthy pus 7, 12
- Foul, dirty 6
- Thick pus 12
- Watery 7, 9

EARACHE:
- Burning 4
- Discharge yellowish 7
- Nervous conditions..... 6, 8
- Pulsations 4
- Something forcing out..... 11

Eye Characteristics

ABSCESS on 3, 5, 7, 12
AFTER injuries..... 3, 4
BLACK spots..... 6
BLISTERS on..... 9, 11
BLOODSHOT 4, 9, 10
BLURRING 1, 4, 6
BOILS around lids..... 12
BURNING edges..... 4, 11
Sensations 4

CANNOT USE EYES:
In artificial light 2
Daylight 8
CATARACT 1, 2, 5, 7
Smoky pus 3
COLORS before eyes 8
CORNEA:
Abscesses 3, 4, 5, 7, 12
Blisters on 5, 9
Opaque 2, 12
Spots on 1, 11
White 9
Smoky 3
CRUSTS, yellow 7
CROSSED 1, 2, 6
DARK SPOTS 5, 8
DIMNESS:
Of lens 7
From overstraining 1
DIM SIGHT 8, 9, 10
DISCHARGE:
Thick, yellow 3
Clean mucus 9
White mucus 5
Green pus 7
Golden creamy 10
DROOPING eyelids 6, 8
EXCITED appearance 5, 6
EYEBALLS:
Ache 1
Sore 4, 6
Seem to stand out 5
FLICKERING sensation 1
GLUED TOGETHER 10
GRANULATIONS 4, 10, 11
ITCH 6, 8
LETTERS run together 9
LIGHT, sensitive to 2, 8
LOSS OF SIGHT:
When weary 6
From diphtheria 6
MOVING painful 4
NEURALGIA:
Over right eye 12
Periodical 9
With tears 9
Better by warmth 8
Worse on right side 8
PUPIL:
Contracted 8
Dilated 6
REDNESS 4, 9
SAND, feeling of 4, 5, 6
SCALDING feeling 10
STICKS in eye 6
SPARKS, Sees 1, 8, 10
SQUINTING:
After diphtheria 6
From worms 10
Spasmodic 8
STARING 6
Excited look 5
STYES 4, 12
TEARS flow constantly 8, 9, 11
TUMORS on eyelids 1, 4
TWITCHING 3, 6, 8
WEAK SIGHT 6, 8
Sharp itching pain 4, 8
Swollen glands 2, 5
Throbbing pain 4
With white tongue 5
Worse in damp weather 11
EXTERNAL parts swollen 5, 12
HAMMERING noise 6, 8
INNER ear swollen 5, 12
ITCHING in 6, 9, 10
MASTOIDS 1, 4, 7, 12
NOISE:
Oversensitive 4, 6, 12
On falling asleep 6
ONE EAR red, hot, itching 10
RINGING like bells 9, 11
ROARING 11, 12
SNAPPING 5
STUFFY SENSATION 5

Face Characteristics

ANEMIC color....2, 4, 9, 11
BILIOUS color....11
BLOTCHED....10
BLUISH or lead color....6
CHEEKS:
Swollen....5
Hard....1
Hot and sore....4
COLD SORES....1, 9
COMPLEXION: Sallow, dirty, greasy-looking....2
CRACKING of skin....1, 12
DEATH-LIKE....9
EARTHY complexion....2, 12
FEATURES distorted....1, 6, 7, 8
FRECKLES....2
GREENISH-WHITE....2
HOT CHEEKS....4
ITCHING....6, 9
JAUNDICE color....6, 11
After vexation....6, 11
Caused by a chill....5, 11
Caused by indigestion..2, 5, 7, 11
With diarrhoea....10, 11
JERKING pains....8
LIPS peal off....7, 9
LIVID color....6
PAINS:
Worse after going to bed..8, 12
Cutting....8
Jerking....8
Lightning....8
Relieved by warm packs....8
Relieved by cold packs....4
Throbbing....4
PALE, almost white....2, 4, 9
PIMPLES....2, 3, 12
RED....4, 6, 10
SALLOW....2, 6, 9
SICKLY....2, 6
SUNKEN....6
SWEATING at meals....1, 6
SWEAT:
Cold....2
At night....12
WHISKERS fall out....9
WHITE about nose and mouth..10

Fevers

AGUE....4, 9, 11
BILIOUS....4, 11
BLOOD POISON....4, 6, 7
BRAIN FEVER....4, 6
CAMP....4, 6
CHILDBIRTH....4, 5
CHILLINESS....2, 4, 5, 12
Morning....4, 9
Up and down back....4, 8
CHILLS and fever....4, 11
COLD SWEAT....2, 4, 7
FEET:
Icy cold....2, 4
Burn at night....4,10,12
HAY FEVER....4, 6, 7, 9
INTERMITTENT....2, 4
Cramps....4, 8
Vomit food....1, 4
With acid vomit....4, 10
Yellow, slimy tongue....4, 6
MALIGNANT....4, 6
NERVOUS....4, 6
NIGHT SWEATS....4, 12
RHEUMATIC....,4 5, 6, 9, 10
SCARLET....4, 5, 6, 7, 9
TYPHOID....4, 5, 6, 7, 9
YELLOW....4, 11
WORSE in the evening....4, 7

Head Characteristics

BALD spots 2, 7, 12
BLOOD rushes 4, 11
BLOOD tumors 1
BURNING on top of head 11
COLD feeling 2
CONGESTIVE headache 4, 9, 11, 12
DANDRUFF 5, 7, 9
FULLNESS feeling 2, 7
GNAWING at base of brain 2, 11
HEADACHE:
- After drinking cold drinks 8
- Begins in the evening 7
- Begins in the morning 9
- Bilious 11
- Blind headache 4
- Congestive 4, 12
- Dull, heavy 4, 12
- During profuse menses 4
- Excruciating 8
- Extends to the spine 8
- Feeling of nail driven over the eye 4
- From eye defects 8
- From hunger 12
- From stomach derangements 2, 10
- From walking 9
- Frontal 10
- Gnawing pains at base of brain 2, 11
- Hammering 4
- Intermittent, spasmodic 8
- In the temples 4, 10
- Lasting until noon 9
- Nervous 6, 8, 12
- Neuralgia 2, 8
- On top of the head 4, 11
- Over the eye 4
- Pale, sensitive folks 6, 9
- Right side 4
- School girls 2, 9
- Scrofulous folks 12
- Sensitive to noise 6
- Sore to touch 4
- Shifting, shooting 7
- Splitting pain on top of head 11
- Students 6, 8
- Surging sensation, with sudden onset 8, 11
- Throbbing 4
- Unable to think 6

Accompanied by:
- Before or after menses 9
- Bilious diarrhoea 11
- Bitter taste in the morning 11
- Chills up and down the spine 8
- Cold feeling in the head 2
- Constipation 11
- Despondency 6
- Dizziness 11
- Drowsiness 9
- Dullness 2
- Excessive saliva 9
- Exhaustion 6
- Feeling of fullness 2, 10, 11
- Frothy coating on tongue 9
- Hysteria 6
- Irritability 6
- Lumps on the scalp 12
- Nausea 10
- Pressure on top of head 10
- Profusion of tears 9
- Pulsation on top of head 11
- Red eyes 4
- Red face 4
- Rush of blood to the head 4, 11
- Sleeplessness 4, 6
- Stretching and yawning 6

Vomiting:
- Bile 11
- Slime 10
- Sour matter 10
- Transparent phlegm 2
- Undigested food 4
- Weakness after vomiting 2, 6
- White mucus 5

Better:
- After eating 6
- After nose bleed 4
- By cold applications 4
- By gentle motion 6

HEADACHE:
By sudden sneezing 8
By warm applications 8, 12
By wrapping up head warmly 12
In a quiet room 11
In cheerful company 6
In cool, open air 7
Worse:
After cold applications 2
By pressure of hat 2
Exertion 12
In a warm room 7
In the evening 7
When alone 6
When moving about 7
When stooping 4
INVOLUNTARY shaking 8
MIGRAIN 8, 9, 12
SCALP:
Dandruff 5, 7, 9
Feels rough 8
Feels sensitive 11
Itching 6, 9, 12
Lumps on 12
Moist or sticky eruptions 7
Scaling off 7
Ulcers 2, 3
With hard, callous edges 1
Yellow crusts 3
SENSATION of ice 2
SUNSTROKE 9
SWEAT on head in children 2, 12
DIZZINESS:
From nervousness 6
On rising 6, 7
Old age 2
When looking up 6
When walking 2
With nausea 7, 11
WEIGHT at back of head 6, 11
Tendency to fall to left side 12
With rush of blood 4, 11

Heart Arteries—Veins

ANAEMIC conditions 2, 4, 6
BLOOD VESSELS enlarged 1
CHRONIC HEART disease 1, 2, 6, 12
CIRCULATION sluggish 1, 2, 6
DIZZINESS from heart action 6
EXTREMITIES numb 2, 8, 9
FAINTS from fright or fatigue 6
FEET cold 2, 9
FLUTTERING heart 6, 8, 9, 10
HANDS cold 2, 9
HARDENING of arteries 1, 10, 11
INFLAMMATION:
Of arteries 4
of lymphatics 4
INTERMITTENT heart 6, 9
PAINS:
At base of heart 4, 6, 10
From breathing 2, 4
PALPITATION 6
After violent motion 4, 12
From excessive flow of blood 5
Anxiety 2, 6, 9
Going upstairs 6
Mental emotion 6
Nervous spasmodic 8
PULSE:
Felt over body 6, 9, 10
Intermittent 6, 9
Irregular 6
Rapid 4, 9, 12
Scarcely perceptible 6, 7
Quick and spasmodic 4, 7, 8
TREMBLING heart 10
VARICOSE veins 1
Inflammation 1, 4
Ulcerations 1, 3, 5, 12

Lungs and Bronchi

ASTHMA in all cases 1
- After eating 6
- Bronchial 1, 5, 7
- Hay 6, 7, 8, 9
- In children 11
- Nervous 6, 8
- With gas 8
- Fever 3, 4
- Jerking conditions 8, 9
- Profuse watery mucus 8, 9
- Stomach troubles 2, 5, 11
- Worse:
  - In warm season 7
  - At night 2, 11, 12
  - Damp weather 11

BREATHING:
- Hurried, oppressed 1, 4
- Short 2, 4, 6, 7, 9

BRONCHIAL catarrh 5
- Chronic 2, 9, 12

BRONCHITIS 3, 4, 5, 11
- Yellow discharge 7

BURNING soreness in chest 4

CATCH in breath 4

CATCHES cold easily 2, 4, 9

CHEST:
- Constriction 8
- Contraction 2
- Hold chest in coughing 11
- Pains in:
  - Darting 8, 11
  - Deep seated 12
  - Worse:
    - With deep breath 10
    - By pressure 10
- Rattling of mucus 5, 7, 9, 11
- Soreness better by pressure 11
- Soreness to touch 2, 4, 6
- Weakness in 12

CONGESTION 4, 5

COUGH:
- Acute 4, 5
- Barking 5
- Better lying down 2
- Causes headache 9
- Chronic (T. B.) 2, 12
- Convulsive 8
- Croupy, deep, gutteral 5
- Dry 4, 8, 9
- From cold drinks 12
- Hacking 1, 4
- Hard 4, 7
- Harsh 5
- Hoarse 7
- Irritating 12
- Loose rattling 12
- Nervous 6, 8
- On lying down 1, 8, 12
- Periodical 9
- Short 4, 5, 9
- Spasmodic 8, 9
- Tickling:
  - Behind breast bone 9
  - In throat 1
- In wind pipe 4, 6, 12
- Whooping 5
- Inflammation 4
  - Spasmodic 6, 7, 8
- With bursting head 9
- Involuntary urine 4, 9, 11
  - Night sweats 12

CROUP:
- Inflammation 4, 5
- Bloody discharge 4, 6
- Clear mucus 2, 9
- Drops down 1, 12
- Hoarseness 7
- Nervousness 6

EXPECTORATION:
- Absent 4, 8
- Clear 2, 9
- Copious 8, 12
- Creamy 10
- Dead smell 6
- Difficult 2, 5, 9
- Frothy 6, 9
- Golden yellow 10
- Grayish white 5
- Greenish 7, 11, 12
- Loose 7, 9, 12
- Lumpy 1

EXPECTORATION:
- Milky 5
- Mucus 1, 2
- Offensive 12
- Profuse 7, 8, 12
- Pus bloody 3
- Ropy 7, 11
- Salty 6, 9
- Scanty 4
- Sinks to bottom of water 12
- Slimy 7
- Slips back 7
- Sticky 7
- Thick 5, 6, 11, 12
- Watery 7, 9
  - With blood 6, 9
- Yellowish 1, 7, 10, 12

FREQUENT hawking 2

HAY FEVER 5, 8, 9

PNEUMONIA:
- Bilious color 4, 11
- Bilious conditions 4, 11
- Bloody pus 3, 4, 6
- Congestion 4, 5, 7
- Cough tight 4, 7
- Heavy pus 4, 12
- Stupor 4, 6, 9

SIGHING involuntary 2, 6, 10

SUDDEN shrill voice 8

VOICE lost 4, 5, 6

WHOOPING COUGH (See characteristics)
- Albumen discharge 2
- Deep, guttural cough 5, 12
- Fever 4
- Frothy discharge 9
- Nervousness 6
- Spasmodic 8
- Tight, no discharge 7

Mouth

BLISTERS at corners 4, 6, 9

BREATH foul 6, 9

BURNING:
- Cracks in lips 1, 9
- Heat in 7

CANCERS 2, 3, 7, 12

CANKER 5, 6, 9
- Gangrene 6, 12
- Water 6, 9

CORNERS of mouth:
- Convulsive twitching 8
- Cold sores 1, 4
- Cracked water blisters 4, 9
- Ulcerated 5, 12

DRY lips 2, 6, 7, 9

GLANDS, pus from 3, 12

GUM:
- Boils 1, 3, 5, 9, 12
- Bleed 3
- Blisters 9, 11
- Hot 4
- Red 4
- Spongy receding 1
- White 7

INFLAMED 4

INARTICULATE speech 6

INSIDE of lips sore 3, 4

LIPS:
- Crack 1, 9
- Painful burning 9
- Sore inside 3, 4
- Swollen 9

LOCK JAW 4, 8, 9

RAWNESS 5

SLIME, full of 11

SOFT PALATE drops down 9

TASTE IN:
- Acid, sour 10
- Bitter 11
- Dark brown in morning 6
- Disgusting 2
- Oily, greasy, insipid 7
- Puckering 8
- Slimy 11
- Sweetish, insipid 12

THRUSH 5, 9

WELLING up of mucus 11

Nervous Characteristics

AMBITIOUS, but gives up easily....12
BALL sensation in throat.... 6
CLENCHED fingers or fists.... 8
CONTORTION of limbs.... 8
CONVULSIONS 2, 8
In children 2, 4, 8
With sobbing.... 8
With stiffness 8
CRAMPS 2, 8
CRAWLING sensation as of ants.... 2
DEPRESSION 6
EASILY fatigued 4, 6, 9, 12
EPILEPSY:
After suppressed eruptions..2, 5
Because of voluptuous sex habits....6, 8
When caused by serious alarms 6
When seizures always come at night 8, 12
With rush of blood.... 4
EXHAUSTION 6, 8
GAIT unsteady 2, 8, 10
HANDS tremble....2, 8
HICCOUGH 8, 9
HYSTERIA 6
With debility....6, 9
INVOLUNTARY movements.... 8
INSANITY 2, 6, 8
LANGUOR 1, 6
LOCKJAW 2, 8, 9
LOSS of power to move.... 6
LOSS of sense of touch 6, 8
NERVOUS exhaustion....6, 10
OBSTINATE disposition....12
PARALYSIS 6, 8
Bladder cannot retain urine..4, 6
Creeping 2, 6
Facial 6
Infantile 2, 6
Locomotor 2, 6, 8, 12
Sudden and temporary....2, 6
With wasting conditions....6, 9, 12
SPASMS from slight causes 2, 8, 12
SPINAL weakness....2, 6, 8, 9
SQUINTING:
From worms 8, 10
Other causes....6, 8
STAMMERING 2, 6, 8, 12
TEETH clenched 2, 8
TIRED, feeling of exhaustion....6, 8
TREMBLING:
Of body....2, 8
Limbs 2, 8, 12
TWITCHING 2, 8
Of hands....2, 8
Of facial muscles....8, 10

Nose Characteristics

ADENOIDS 1, 2, 5
BONES of cavities....12
Diseases of 1, 2
BONY growths 1, 2, 12
CATARRH 4, 5
Chronic 2, 9, 12
Dry 1, 7, 9
Tickling sensation 1, 4
Worse in morning.... 9
COLDS:
Alternating dry and loose..8, 9
Anemic 2
Chronic 2
Clear watery discharge....2, 9
In head 4, 7, 9
Predisposition 2, 4, 8
Stuffy 1, 5, 7, 11
With eruptions.... 7
Yellow, slimy.... 7

COLD on point 2
DISCHARGES:
Acrid 12
Adherent crusts 5, 9, 12
Albumen 2
Bloody 3
Catarrh:
Dry crumbling mass 5
Dry crusts 9
Dry chunky masses 3, 12
Clear 2, 9
Corroding 12
Grayish white 5
Greenish 7
Gushing flow 8
Lumpy 1
Offensive pus-like 3, 6, 12
One side only 3
Salty taste 9
Slimy 7
Thick 1, 3, 5, 6, 7
Watery 7, 9
White 5
Yellow 1, 3, 6, 7, 10
DRYNESS of membrane 4, 7, 9
EDGES sore 3
ERUPTIONS on 3, 9, 12
FIRST STAGE of colds 4
HAY-FEVER 4, 8, 9
HAWKS up salty mucus 9
ITCHING 6, 10, 12
LOSS of smell 8, 9, 12
NOSEBLEED:
After blowing thick yellow crusts out 6, 12
Bright red blood 4
During menses 4
From coughing or stooping 9
In children 4
Predisposition 6
OBSTRUCTIONS 5, 7, 10, 12
ODOR offensive 1, 6, 10, 12
PERVERSION of sense of smell 8, 9
PICKING at 10
POSTERIOR part dry 9
PRICKING sensation 10
REDNESS 4, 5, 9
RUNNING 8, 9
SCABS in 6, 9
SMARTING 2, 4, 9, 10
SNEEZING 2, 4, 9, 12
Ineffectual desire 1
From slight exposure 6
SWELLING of inside membranes 12
ULCERATED 2, 6, 12
WHITE around border 10

Pregnancy and Labor

AFTER PAINS 1, 4, 6, 8
BREASTS:
Feel large 2
Ulcers in 12
CHILDBED fever 4, 5, 6
CONVULSIONS 8
CRAMPS in legs 8
CRUSTS in breasts 1
DECLINE:
After childbirth 2
During pregnancy 2
Nursing 2
EXCESSIVE labor 8
FEET sore, lame 12
LOSS of hair during pregnancy 9
MANIA during pregnancy 6, 9
MISCARRIAGE threatened 1, 6, 8
MORNING SICKNESS:
Bitter taste 11
Frothy, watery 9
Sour 10
Vomit undigested food 4
White phlegm 5

MOTHER'S MILK:
Salty 2, 9
Bluish 1, 2

NIPPLES crack 1, 12

PAINS:
In feet 12
Ineffectual—false 6
Spasmodic 8
WEARINESS:
In limbs 1, 2
Feel heavy 12

Sex Organs—Female

BEARING DOWN pains 1, 4
BREASTS hard knots 1
EXTERNAL:
Parts tingle 2
Swollen 5, 8
ITCHING of vulva 9, 12
LEUCORRHOEA:
Acid 10
Acrid 6, 11, 12
Albumen 2
Creamy 10
Greenish 7
Honey colored 10
Irritating 9
Itching 9, 12
Milky 5
Orange color 6
Profuse 8, 12
Scalding 6, 9
Slimy 7
Smarting 9
Sour smelling 10
Thick 5
Watery 7, 9, 10
White or gray 5
Worse in morning 2, 9
Yellow 6, 7
MENSES:
Acid 10
Acrid 11, 12
Black like tar 5
Blackish red 6
Bright red 1, 4
Checked 5
Chilliness with 11, 12
Clotted 5
Copious 8, 9
Dark 2, 5, 8
Deep red 3, 6, 7
Delayed, with headache 9
During headache 9
Milk flow 2, 12
Excessive 1, 4, 6, 8, 11
Flooding 1, 8
Headache after 9
Irregular 6
Labor-like pains before 2
Lasts too long 3, 5
Nosebleed before 11
Not coagulated 6
Offensive 6
Pain before 4, 5, 8
Pale 9, 10
Preceded by sexual desire 2
Premature 2, 6
Scanty 6, 7, 9, 12
Sex desire after 6
Sexual desire 6
Stringy 8
Strong odor 6
Suppressed 2, 4, 5, 6, 7, 8, 9
Thin 2, 9
Too early 2, 5, 8, 10, 12
To prevent suppression 4
Tough 5
With bearing down pains 1, 2
With coldness like ice 12
With colic 8, 11
With constipation 11, 12
With foot sweats 12
With great weakness 3
With headache 3, 6, 7
With mental depression 9
With morning diarrhoea 11
With ovarian pains 4
With sadness 9
With weight and fullness 7

PAINS:
In ovaries....7, 8, 11
Across genitals 6
Dull and constant.... 4
In morning 9

PULSATIONS in parts.... 2

THROBBING in the genitals.... 2

VAGINA:
Dry and hot....4, 9
Bloody growths 12
Burning soreness after urination.... 9
Inflammation 4
Sensitive 4, 12

VOLUPTUOUS feeling.... 2

WOMB falls down....1, 2, 6

Sex Organs—Male

BUBO....3, 4, 5, 6, 12

CHANCRE:
Hard 1, 4, 6
Soft 4, 5, 6

CHRONIC SYPHILIS..2, 5, 9, 12

EMISSIONS:
Nightly 6, 10, 12
During stools.... 9
With chilliness.... 9
Without dreams....4, 10, 12

ERECTIONS, unnatural, frequent or untimely.... 6

GLEET 2, 7, 9
Combines with eczema.... 5

GONORRHOEA 9
Chronic 2, 5, 9, 11, 12
Discharges:
Bloody 3, 4, 6
Creamy golden yellow....10
Greenish 7, 11
Pus and blood 3
Slimy 7, 9, 11
Transparent 2, 9
Watery 6, 7, 9
Yellow 7
First stages....4, 10
Inflammatory stage.... 4
Scalding in....4, 9
Suppressed 11
Swelling 5
With anemia 2
With itching 2

HARDING conditions.. 1

HYDROLCELE 1, 2, 9, 12

ITCHING:
Of scrotum....2, 7, 9, 10, 12
Of urethra 6

LOSS of hair around genitals..2, 9

MASTURBATION 2, 6

PROSTATE:
Abscess of 3
Enlarged 11
Inflamed 4
Pus condition 3, 4, 12

SEMEN thin, watery....10

SEMINAL constant dribbling.... 1

SEXUAL DESIRE:
Gone 6, 10
Increased 2, 6, 8, 10
Thought persistent....2, 12

SPERMATIC sore, painful....4, 9

SWEAT on scrotum....12

SYPHILIS:
Chronic 1, 5, 12
Pus stop 3
Worse in evening.... 7

TESTICLES:
Ache 9
Drawing in....10
Hardening 1
Swollen 2, 9

URETHRA:
Cutting after urination....9, 10
Sore to pressure....4, 9

VERICOCELE pains 4

VOLUPTUOUS feelings 2

Skin

ABSCESS....1, 3, 4, 5, 6, 12
Fistulous....11, 12
BARBER'S ITCH....2, 4, 8, 9
BEARD falls out....9
BLISTERS on skin....5, 6, 9
BOILS....3, 4, 8, 12
Tendency to....12
BUNIONS....5
BURNS....3, 4, 5, 11
CANCERS....2, 4, 5, 7, 9
CHAFED SKIN....2, 7, 10, 11
From rubbing....6, 9
CHAPS....1
CHICKEN POX....4, 5, 11, 12
CHILBLAINS....5, 6, 12
CHRONIC skin diseases....2, 9
COPPER colored....2
CRACKS:
In skin....1, 12
Between toes....9
Hands when working in water....11
On anus....1
CRAWLING sensation on....2, 6
DANDRUFF....5, 7, 9
DIRTY LOOKING....2, 6
DRY....2, 7
Cold—wrinkled....2
ECZEMA:
After vaccination....5
Eyebrows....9
From eating too much salt....9
In bends of joints....9
Oversensitive....6
Suddenly suppressed....7
Watery vesicles....11
White scabs....2
Whitish vesicles....5
With acidity....10
With fine scales....9
Yellowish greenish secretions 7
ERUPTIONS:
Anemic....2
Burning itching....6, 7
Pus secretions....3
Scaly....7
Scrofulous....2, 12
Suddenly receding....7
Watery....7, 9
With stomach and menstrual conditions....5
ERYSIPELAS:
Blistering....7, 9
Deep seated....12
Occasional....1
Smooth, red, shiny....4, 11
With vesicles....5
FELONS....1, 4, 11, 12
FRECKLES....2
GREASY....6, 7
HANGNAILS....9
HIVES....10
HEALS with difficulty....12
INGROWING TOE NAILS....4, 5, 12
INSECT BITES....9
Rash like....8
ITCHING OF SKIN....2, 6, 7, 12
After violent exertion....6, 9
All over the body....8, 10
Hands and feet....6
Old people....2
Soles....3, 6
Violent....8, 9
While undressing....11
With crawling sensation....6
IVY POISON....7
JAUNDICE SKIN....5, 11
MEASLES....4, 5, 7, 12
NAILS—finger and toe:
Break easily....12
Interrupted growth....7, 12
NETTLE RASH....7

PALMS OF HANDS:
Cracked 1
Horny 1
Raw and sore 11
Scaly 7

PEALS OFF 7

PIMPLES on SKIN 2, 3, 4, 5, 11

POISON OAK 7

PUSTULE 3, 12
Malignant 6, 12

RED after bath 2

RING WORM 2, 4, 5, 9, 11

ROSE RASH 10

RUBBING AGREEABLE 1, 6

SCARLET FEVER 4, 5, 6, 7, 9, 11

SCROFULOUS ERUPTION 3, 12
Ulcerations 2

SCABS 2, 6

SCALES 5, 7, 9, 11

SENSITIVE 12

SHINGLES 5, 9

SMALL POX 3, 4, 5, 6, 7, 12

SWELLING ON SKIN 1, 4, 5

TINGLING ON SKIN 7, 8, 11

ULCERATIONS:
Fistulous 1, 12
Indolent 1
Inflamed 4
Proud flesh 5, 12
Pus-like 3, 12
Scrofulous 2
Warts 1, 5, 9, 11
Wrinkled skin 2, 6

Stomach Characteristics

ACID distressing 8, 10

ACIDITY tendency 10

APPETITE:
Abnormal 2, 3, 6, 9, 12
Subnormal 4, 5, 7, 9, 10, 11

BEATING sensation 4

BELCHING:
After hot drinks 5
Bitter 11
Burning and tasteless 8
Gas with taste of food 1, 4
Greasy 5
Sour 10

BILIOUSNESS 11
Gray tongue 5

BREATH offensive 6, 9

BURNING heat in stomach 8
Thirst 7

CANNOT bear tight clothing 4, 11

CHRONIC CATARRH 7

COLICKY PAINS 8

CRAVES:
Bacon 2, 9, 12
Bitter foods 9
Eggs 2, 9
Fruit 10
Green and sour vegetables 10
Pickles 2
Salt 9
Sweets 8, 12

DEATHLY sick at stomach 4, 7

DISTASTE FOR:
Hot drinks 7
Acids 4
Bread 9
Coffee 4, 8
Meat 4, 12
Milk 4
Sour food 4
Sweets 6
Warm foods 4, 12

DISTENDED STOMACH 11

DYSPEPSIA:
Acid 10, 12
Chronic 1, 2
Gas 8
Heartburn and chilliness 1, 2, 10
Nervous 6
Pain after food 4, 11
Spasmodic 8
With face flushed hot 4
With gas 2
With grayish tongue 5
With pain and salivation 9
With pressure as load in stomach 7
With water brash 9

EMPTY, gone feeling in stomach 6, 10
Better after eating 6

ENLARGEMENT of stomach 1, 6, 8, 11

HEMORRHAGE from stomach 4, 5

HEART BURN after eating 5, 10

HICCOUGH 1, 8, 9

HUNGER excessive 6, 9, 12

INFANT vomits as soon as nurses 12
Wants to nurse all of time 2

NAUSEA:
No vomit 7, 10, 11
After hot food 5
With dizziness 3, 7, 11

PRESSURE in stomach 4, 7, 8

SENSATIONS:
Band around body 8, 9
Fullness 7
Gone 6, 10
Heaviness 11, 12
Pressure 4, 7, 8

THIRST:
Burning 3, 7, 9
During evening 7
For cold water 4, 6

THIRSTLESSNESS 7, 11

ULCERATIONS 2, 3, 10

VOMITING:
Acid 10
After cold water 2, 8
Ice cream 2, 8
Before breakfast 9, 11
Bile 11
Bitter food 6, 11
Bright red blood 4
Clotted 5
Coffee grounds 6, 9, 10
Curdled masses 9, 10
Dark blood 5
Frothy bubbles 9
Greenish water 6, 11
Infantile 2
Morning 9, 11
Sour 4, 10
Stringy mucus 5, 7
Thick white phlegm 5
Transparent mucus 2, 9
Undigested food 1, 2, 4
Water saltish 9
Watery greenish 11

Teeth and Gums

BROWN DEPOSITION 6
CHATTERING, nervous 6
CONVULSIONS during teething 2, 4, 8
CRAMPS during teething 8
DECAY, with pain 1, 2, 6
DROOLING 9
ENAMEL decay rough 1
GRINDING of teeth 6, 10

GUMS:
- Bleeding 6, 9
- Blisters 9, 11
- Burn 8, 11
- Inflamed 2, 4, 5
- Painful 2, 7
- Pale 2, 7
- Red seam on 6
- Sensitive 9, 12
  - To cold water 8
  - To touch 4
- Spongy receding 1, 6
- Ulcerated 3, 9, 12
- White 7

GUM BOILS:
- After pus 3, 12
- Before pus 5, 9
- Hard swellings 1

LOOSENESS of teeth 1, 9, 12

RHEUMATIC toothache 2, 6, 8, 10

SALIVATION with toothache 4, 9

TEETHING:
- Complaints during 2
- Convulsions 8
- Cramps 8
- Decayed 12
- Difficult 1, 12
- With dribbling 9
- With fever 4

TOOTHACHE:
- After warm food 4
- After cold food 8
- After eating 1
- After going to bed 8
- Better:
  - By cold 4
  - Hot liquids 8
  - In cool air 7
  - Water 4, 11
- Caused by chilling feet 12
- In evening 7
- Inflammation 4
- Neuralgia 8
- Pains:
  - Boring 2, 8
  - Hot cheeks 4
  - Rheumatic 2, 6, 8, 10
  - Shifting 7
  - Tingling 2
  - With bleeding gums 6
  - With involuntary flow of tears 8, 9
  - With looseness 1
  - With salivation 4, 9
  - With swollen cheeks 3, 5

Throat Characteristics

ABSCESS:
- Of tonsils 3, 12
- Pharynx 4

ADHERENT crusts in pharynx 5

BURNING of throat 2, 4

CHOKING sensation 8

CHRONIC SORE THROAT 2, 3, 5
- Dryness of throat 9

CLERGYMAN'S sore throat 2, 4

CONGESTION 4

CROUP 1, 2, 4, 5, 6

DEAFNESS in tonsilitis 2, 5

DESIRE to swallow constantly 6

DIPHTHERIA:
- After effects 6, 12
- Chief M. F. 5
- Drops down 1, 12
- False 10
- First stage 5
- Soft palate 1, 3
- With drowsiness 9
- With green vomit 11
- With pale, fluffy face 11
- With water stools 9

DRY THROAT 4, 9, 11

FEELING of lump 6, 11

GANGRENOUS sore throat 6

GLANDS swollen 4, 5, 7, 9, 10

GOITRE.....1, 2, 5, 10, 11
With watery secretions..... 9
HARDENING of tonsils..... 1
HAWKS up cheesy lumps..... 5
In morning.....9, 11
Salty mucus.....6, 9, 11
HEAT in throat..... 4
HOARSENESS after reading aloud or speaking....1, 2, 4, 6
INFLAMMATION 4, 10
LUMP, feeling of.....6, 11
MALIGNANT conditions 6
MEMBRANE 5
MUCUS tough..... 7
MUMPS:
For swelling..... 5
Hawks up salty mucus..... 9
Salivation 9
PALATE:
Inflamed 4
Sensitive 11
Yellow coating.....10
PARALYSIS:
Chronic in throat.....2, 6, 12
Of throat after diphtheria.... 9
Of vocal cords..... 6
SOFT palate elongated.....1, 9
SORE (speakers and singers) 2, 4
SPEECH nasal and slow..... 6
TICKLING, with cough..... 1
TONSILS:
Causes deafness.....2, 5
Enlarged 1, 5
Inflamed 4, 6
Pains when mouth is opened.. 2
Pus discharge.....3, 10, 12
Malignant 6
White coating 5
Yellow coating 10
ULCERATIONS 3, 4, 5, 12
VOICE:
Loss of 4, 6
Shrill 8
YELLOW PALATE.....10

Tongue Characteristics

BLISTERS on tip.....9, 10
BRIGHT cherry red, looks like raw meat 8
CLEAN strawberry red..... 4
COATING:
Brown 6, 11
Clay colored..... 3
Clean and dry..... 9
Cracked 1
Creamy 10
Dirty 6, 7, 11
Frothy 9
Golden yellow back part.....10
Grayish green 11
Grayish white 5
Green 11
Moist 9, 10
Slimy 3, 7, 9, 11
And dark 6
White furred.....2, 5
DARK red swelling.....4, 5
DRY 2, 6, 9
EDGES:
Red and sore..... 6
Pale 7
FLABBY 1, 3
HARDENING of 1, 12
NUMB 2, 9
PIMPLES on..... 2
SENSATION:
As of hair on.....9, 10, 12
Scalded 8
Sticks to roof of mouth..... 6

TASTE:
Acid 10
Acrid 3, 12
Bitter 11
Copper 10
Disgusting 2, 6, 12
Insipid 3, 7
Loss of taste 7, 9
Soapy 3
Sour 10

ULCERS 3, 12

Urinary Characteristics

ALBUMEN in 2, 5, 6
BED WETTING CHILDREN 2, 4, 8, 10
BLADDER:
Catarrh 2, 4, 5, 9
Cutting pains 2, 4, 6, 8
Paralysis of 6, 11
Spasms 8
Stones in 2, 11
BLEEDING from urethra 4, 6
BLOODY URINE 6, 9
BRICK dust appearance 11
BURNING:
After urination 9
During urination 11
COPIOUS amount 1, 2, 5, 6, 9, 11
CUTTING pains after urination 8, 9
DARK colored 5, 10
FLOWS by spurts when urinating 10
FREQUENT desire 2, 4, 6, 10, 11
GRAVEL 2, 8, 10, 11, 12
INVOLUNTARY urination 4, 6, 8
Inflamed 4, 5
KIDNEYS:
Pains in 4
Pus 3, 12
NEPHRITIS 4, 7, 8
Chronic 2, 11
PUNGENT odor 1
PUS and mucus 3, 11
SANDY deposit 11
SPURTS out when coughing 4, 9
STALE odor 10
SUPPRESSION of urine 4
YELLOW 6, 11
YELLOWISH GREEN 11

Unclassified Conditions

ALCOHOLISM 6, 9
ATROPHY—shrinking of tissues 2, 6
BED SORES 4, 6
BURNS AND BRUISES 4, 5
If pus forms 3
CANCER:
Bluish black edges 11
Calloused edges 1
Discharges:
Albumen 2
Clear mucus 2, 9
Golden 10
Greenish water 7
Thin blood 6, 9
Pus 3, 12
If inflamed 4
For malignant type 6
CARBUNCLES 1, 3, 4, 5, 6, 12
DEBILITY 6
DIZZINESS in old age 2
DROPSY 2, 9, 11, 12
EMACIATION 2, 6
EXHAUSTION 6

DISCHARGES:
Black tar-like blood 5
Bloody 3, 6
Bone splinters 1
Bright red blood 4
Burning 10
Causing soreness 6, 9, 10
Creamy 10
Fibrin 5
Hardened 1
Honey colored 10
Irritating 6
Lumpy 1
Lymph 5
Offensive 6, 12
Oily, greasy, ropy 7
Opaque grayish white 5
Pus 3, 7, 12
Scalding 6
Smarting 9
Transparent and stringy 2
Very dark blood 6
Watery 7, 9, 11
Yellow 7, 10
Dark greenish 11
Golden 10
Light greenish 7

GANGRENE conditions 6
GLANDS hardened 1
MORPHINE HABIT 2, 9
Nervousness 6
To assist elimination 3, 7, 11
PANCREATIC diseases 2
PROUD FLESH 3, 5, 12
MECHANICAL INJURIES 4, 5
Pus stages 3, 12
MALNUTRITION 2
NECK glands hardened 1
NEURALGIA, commencing at night 2
NIGHT SWEATS 2, 12
PUTRID STATES 6
RICKETS 2, 6, 12
SEASICKNESS 6, 10
TUBERCULOSIS 2, 10, 12
Feverish night sweats 2, 3, 12
VACCINATIONS, bad effects 5, 12

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